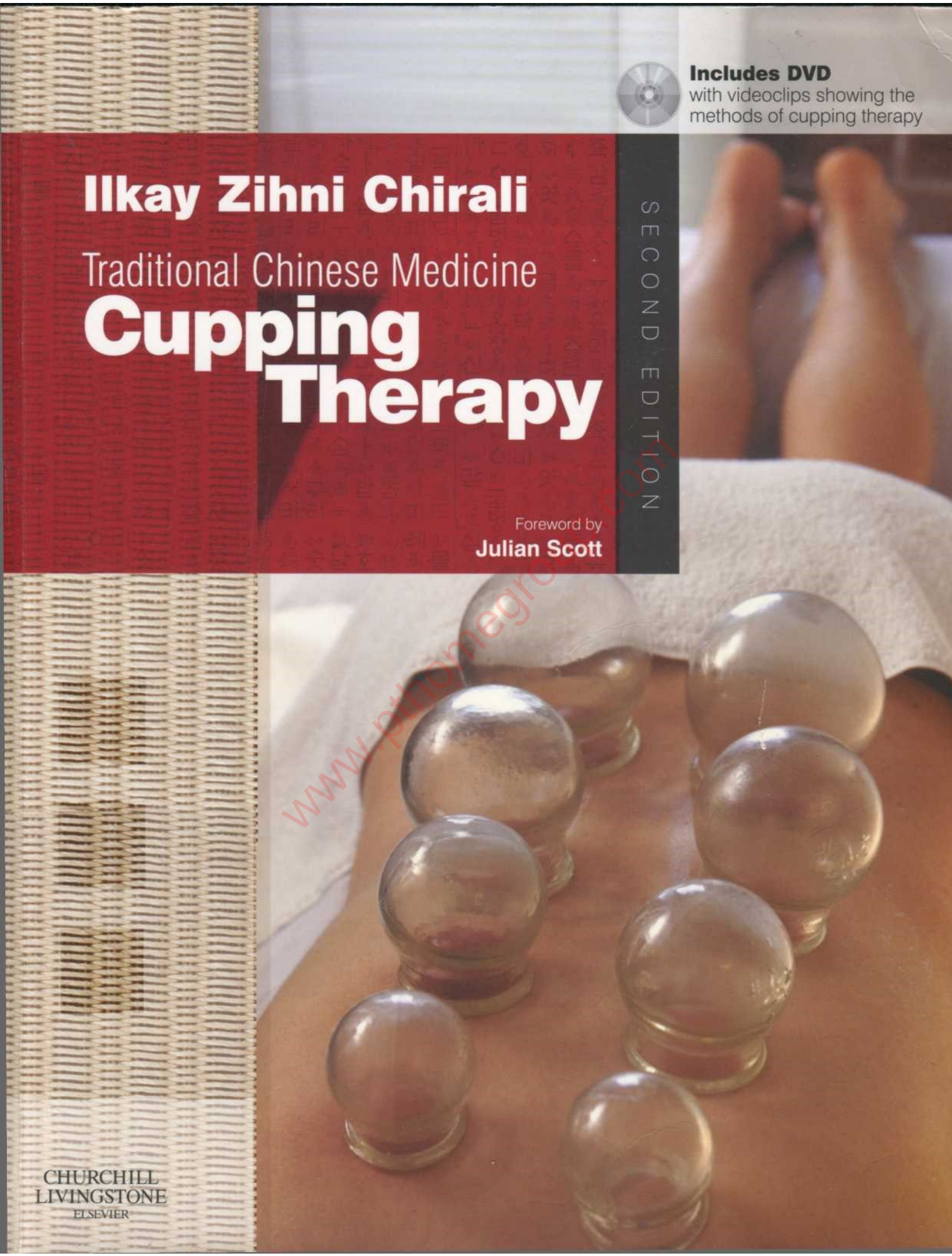
Includes DVD
with videoclips showing the
methods of cupping therapy
Ilkay Zihni Chirali
Traditional Chinese Medicine
Cupping Therapy
SECOND EDITION
Foreword by
Julian Scott
CHURCHILL
LIVINGSTONE
ELSEVIER

TRADITIONAL CHINESE MEDICINE

Cupping Therapy

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Dedication

To my wife Emine, son Zihni and daughter Aliye

About the author

Ilkay Zihni Chirali was born in 1946 in Lemba (Qirali) Gazi Baf, Cyprus. He grew up in a village by the sea where people, animals and plants were dependent upon each other. They shared the same simplicity and their environment was always treated with conviction, respect and love.

He eventually left Cyprus to pursue his higher education, first in Turkey and then in Sweden and England. In 1982 he emigrated to Australia, where he studied Chinese Medicine with Professor Wong Lun and Master Danial Wong. He qualified as an acupuncturist in Melbourne, Australia, where he opened his first Acupuncture and Stress Therapy Clinic. He returned to England in 1987 and now runs a clinic in Bexleyheath, Kent, where he treats children as well as adults.

His wide-ranging studies have brought him expertise in Acupuncture, Chinese Herbal Medicine, Clinical Hypnotherapy, the Lusher Personality Test, Paediatric Acupuncture and Western Medicine Pathology. He has studied further in Nanjing, China, at the College of Traditional Chinese Medicine and First Affiliated Hospital in the Internal Medicine, Dermatology and Gynaecology departments.

He has practised cupping from an early age, gaining his first experience of the technique when employing the traditional Turkish folklore remedy for colds. He has been organizing regular cupping workshops both in the UK and overseas since 1988 and a BBC TV programme appearing as an “Expert”. To date, he has given over 50 public lectures and a BBC World Service Radio talk on the subject of Traditional Chinese Medicine and Cupping Therapy.

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Traditional Chinese Medicine

Cupping Therapy

Second Edition

Ilkay Zihni Chirali mbacc rchm

Private practitioner, Acupuncture and Stress Therapy Clinic, London;
Lecturer, Cupping and Traditional Chinese Medicine.

Member of The Register of British Acupuncture Council
Member of The Register of Chinese Herbal Medicine
Dip. Acupuncture (Australia); Cert TCM (Australia);
Dip. Clinical Hypnosis (Australia); Dip. Chinese Herbal Medicine (England);
Cert Pathology (England); Cert Paediatric Acupuncture (England);
Cert Chinese Herbal Medicine (Nanjing, PR China);
Cert Acupuncture - Clinical (Nanjing, PR China).

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Foreword by Julian Scott

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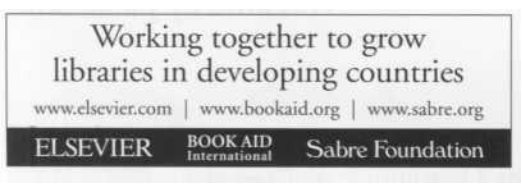

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NOTE The DVD accompanying this text includes video sequences of the different cupping techniques indicated in the text by the DVD icon. To look at the video for a given technique, click on the relevant icon in the contents list on the DVD. The DVD is designed to be used in conjunction with the text and not as a stand-alone product.

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Foreword

Cupping has a long and noble history. It has been used throughout the world since the earliest times, and was part of mainstream medicine in Europe until the 1900s. It stayed on for a lot longer as part of alternative or 'folk' medicine. As recently as our grandparents' generation (before the Second World War) it was used extensively in the Mediterranean and throughout Eastern Europe. Yet now it is almost unknown outside a small circle, those who know about 'alternative' medicine.

There has always been an 'alternative' medicine. One reason is that until the recent past there were no subsidies for medicine, so that establishment medicine was reserved for the rich. The poorer people could not afford doctors' fees, as the cost of a consultation corresponded to several weeks' wages. Their needs were met by an alternative medicine, a medicine passed down through the generations, usually in families. Ilkay Chirali is an heir to this tradition, having learnt at his grandmother's knee and further augmented his knowledge and wisdom by studying in China.

The tradition of alternative medicine, with its healers and reliance on herbal medicine and low-tech equipment, still survives in spite of, or perhaps because of, the rise of scientific medicine. My own life, first in research science and then in acupuncture, has shown me how a purely scientific approach can lead far away from what people need. The invasive techniques and the coldness of modern medicine stand in contrast to the warmth and humanity of alternative medicine. In alternative medicine it is taken for granted that humans are living beings with loves and hates, dreams and aspirations, and it takes account of the simple experiences of getting cold or hot, and feeling sad or happy. Cupping is part of this medicine and Ilkay Chirali gives some good examples, such as warm cupping techniques for rheumatism which is worse in cold weather, wet cupping for dry asthma and his technique for using Gua Sha on the sternum to 'open the heart' when people are very upset about things, but dare not show it.

This is a practical book, and throughout there is concern for the patient - for example the advice not to use cupping on patients during the week preceding a holiday on the beach for the marks may well be unsightly. I had an experience of this kind when I used cupping on a child who later had to go into hospital. When the doctors saw the circular marks on the child's back, they were horrified and suspected child abuse. It was only with difficulty that the mother explained how her child had in fact been greatly helped by this alternative therapy!

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What is so special about this book is that it gives treatments for a wide range of illnesses and conditions. For some of these, like treating the after-effects of stroke, there is nothing that can be done in orthodox medicine. In others, such as asthma, the orthodox treatment only relieves the symptoms and does nothing to cure the condition. Even for something as simple as rheumatism cupping is so much more effective.

In this second edition there are two new chapters: one on myofascial trigger points and one on treating sports injuries. These are welcome additions. There are so many people suffering from sports injuries and so little that can be done in orthodox medicine. By contrast, cupping is astonishingly effective for a wide variety of injuries and simple to learn. I am sure that this new chapter will lead to the rapid expansion of cupping and its adoption as one of the main techniques for treating sports injuries.

The benefits of cupping are many: it is non-invasive, it can be used for a wide variety of problems, it is simple to perform, and above all it is effective Also, to use Ilkay's words: 'Nothing moves Qi and blood faster than cupping.'

I can warmly recommend this book to the reader. It is a valuable addition to the library for it is a truly practical guide, being the distillation of Ilkay Chirali's experience, both as a practitioner and as a teacher.

Julian Scott
Bath, 2007

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Preface

Introduction to the first edition

The first time I experienced cupping was as a 7-year-old child, when I had a bad cold and my mother applied cups to my back. I remember that she first rubbed my back with olive oil and, as I lay down, she applied the cups. I could feel their edges digging into my flesh. It was a strange feeling of my skin being pulled away from me! With a sensation of my back becoming increasingly warm, coupled to a rather uncomfortable feeling of a heavy blanket covering me, I lay there. Then she removed the cups, only to reapply them even more vigorously! After a few more minutes she took the cups off and rubbed me with an alcohol preparation called Zivania. She put me back to bed and covered me with blankets. Half an hour later I was drenched with sweat. My mother was pleased because there was evidence that the cold was out. The next day I was able to go and play with other boys. My cold was gone.

My grandmother, Rahmeli Ebe (see photo), who died in 1964, was a village midwife and a herbalist. Her mother, Havva Ebe, was also the village midwife, and was even more popular than my grandmother. Havva Ebe travelled on horseback while Rahmeli Ebe preferred walking to visit her patients. My great grandmother Havva Ebe died just before I was born, but we lived with Rahmeli Ebe and later on, when she was old and no longer able to travel, she stayed with us in Gazi Baf (Paphos), Cyprus, until her death in 1964. Our house was always busy with people seeking remedies for their complaints. Their payments were usually in the form of a chicken, eggs, or home-made cheese! Rahmeli Ebe used cups for almost all her expectant mothers. She was a great believer in 'removing the Cold and Wind' from the body. She regarded cold as the biggest threat to expectant mothers and their babies. She would often take her clients to the Turkish baths (Hamams) where they would spend a few hours washing and sitting in a herbal steam room, while gaining benefit from cupping before finally relaxing.

In more recent years as a Chinese Medicine practitioner of acupuncture and herbal medicine, I have taken special interest in cupping and its uses. Only now can I fully appreciate what my grandmother and great grandmother, two ordinary village midwives, were trying to do! They were actually getting rid of the external pathogenic factors like Wind and Cold from the body, which could easily penetrate through the weak Wei Qi (Defensive or Protective energy) of a pregnant woman (see

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section on Glossary of terms at the front of the book). Not only were they concerned with the health of the expectant mother, but they were also equally concerned with the health of the newborn baby. It is an old Turkish custom that the new mother has to stay home-bound for 40 days after the delivery, so that the baby is not exposed to external pathogenic factors such as Wind, Cold, Heat or air pollution. These 40 days of rest and care are thought to be enough for the child to build up his or her initial Protective/Defensive energy. The mother is also cared for, to build up her energies to a normal level again, during this invaluable convalescent period. While she is establishing a special bond between her and her child, she receives help and care from her entire family for 40 days!

In the West, however, this early care for mother and child is greatly under-estimated and overlooked. It can be argued that, in the West, we now have much better sanitary and living conditions than most Eastern countries. But this relative comfort should not dismiss the most natural human need - to be taken care of - that we all need and expect from time to time, especially when our emotions and energies are running low.

Health care in the West is becoming more finance oriented, and the care for the new mothers and their babies rapidly diminishing due to financial restraints. If the delivery goes smoothly and without any complications, child and the mother are usually discharged from hospital within a day or two.

It is also very common in the West to see mothers going out shopping with a baby just a few weeks old strapped to its pram, and sometimes turning blue from the effects of cold or wind. This clearly demonstrates that new mothers are unaware of the possible dangers of adverse weather conditions for their children or themselves.

This book is intended as a valuable manual for practitioners to use for effective cupping therapy, so that this ancient Chinese healing art and its benefits can be made known to many more practitioners in alternative therapies and also in more conventional medical practice. The sense of ‘duty’ to pass on my knowledge and experience has taken on a different dimension and urgency, since my studies in China during 1994. I have decided to write this book because I see a distinct lack of knowledge on the subject by many practitioners. I have also encountered a real enthusiasm from participants in my cupping workshops over the years. I am convinced that this simple, inexpensive and unsophisticated method could more frequently and effectively be put into practice.

London 1997
Ilkay Zibni Chirali

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Introduction to the second edition

Six years following publication of the first edition of *Cupping Therapy,* I am truly excited to encounter a massive new and growing interest in the training and application of this useful therapy. I am particularly pleased to find the general public enquiring about the treatment and its benefits.

In this edition I have decided to eliminate the word 'bruise' and replace it with 'cupping mark' as I am quite satisfied that these characteristics are not bruises but straightforward marks on the skin resulting from the cupping application.

I have added a number of explanatory drawings and pictorial illustrations in order to enhance the visual effect of the therapy itself and to simplify overall understanding for the reader. New chapters - *Sports Injuries* and *Myofascial Trigger Points Cupping Therapy* - have been added to this edition as the therapy reaches wider spheres of interest. I have also asked the publishers to move the Glossary and the Appendix (Acupuncture/acupressure points) sections to the front of the book in order to help the user to locate more quickly acupuncture points (in particular the non-TCM practitioners) during the treatment.

Ilkay Zihni Chirali
2007

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Acknowledgements

I am deeply indebted to my mother Cemaliye and my father Zihni Ali, who cared for us (five sisters and two brothers) through very difficult and turbulent years in Cyprus and yet injected us with love and compassion as well as an understanding of the magic of Nature.

I am grateful to all my teachers who shared their knowledge with me and made this book possible, including: Professor Wong Lun and Master Danial Wong of Melbourne, Australia; Julian Scott, Michael McIntyre and Mazin A1 Khafaji of England; Professor Shan Dao Wei, Head of the First Affiliated Hospital, Nanjing; Dr Shan Min Jie and Dr Wu Song of the Dermatology Department, Dr Yang Ju Fen of the Gynaecology Department, Dr Yang Yong Nian of the Internal Medicine Department and Dr Jin Tao of the Acupuncture Department. I wish to thank Dr He Chong and my friend Chen Bin for their contributing letters as well as to all my teachers and interpreters of Nanjing College of Traditional Chinese Medicine (Nanjing University of Traditional Chinese Medicine) during my studies there.

I want to thank the Librarians at the Wellcome Institute for the History of Medicine, London.

I am grateful to my friends: Trevor Leak for taking the photographs; Roy Atterbury for his technical help and advice whenever I needed it; Dennis Cox for his drawings; to all the past and present patients who took part and gave their permission to be photographed for the first as well as the second edition; and especially to my friends Ian Vale, Paul Gatt, Lisa Latham and Anita Smith who volunteered many times during the workshops; to the physiotherapist Hanna Rogers and to the sportsman and sport teacher Asim Dilaver for their professional advice and help; and to TRT Radio 4 whose non-stop classical Turkish music kept me company for many months.

This book as well as the first publication would not have been possible without the colossal help of my friend Gerald Bishop who read every page and put the manuscript into meaningful English. I am, once again, deeply indebted to him.

Ilkay Zihni Chirali

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Glossary

Accumulation disorder is a digestive deficiency where food is retained in the digestive system, Stomach or intestines; it is commonly observed in young children and the elderly.

Accumulation (Xi-Cleft) point is where the Qi of the organ/channel accumulates; it is mostly effective in the acute stages of the disease.

Ah Shi point is a point that is painful when palpated.

Back-Shu points are the points on the Urinary Bladder channel on the back of the body, where the Qi of a particular organ is converged; it is mostly used in chronic diseases.

Blood injury occurs through poor dieting and excessive demand on the body, such as overwork without having adequate rest or sleep in between, long-lasting bleeding, excessive sexual activity, and a demanding exercise regime despite poor, ineffective recovery from a previous activity or physical injury.

Blood stasis indicates obstruction of the movement of blood in the channels.

Connecting (Luo) points are the points on main channels from which collaterals diverge to join nearby Yin Yang (exterior-interior)-related channels.

Ebe Turkish for 'midwife'.

Extraordinary points are important treatment points outside the regular 14 channels.

Front-Mu points or **Alarm points** are the points on the chest and abdomen where the Qi of the respective organs meet.

Identification of Patterns according to the Four Stages is mainly concerned with the febrile disorders caused by External-Heat.

Identification of Patterns according to the Six Stages is more concerned with the diseases caused by External-Cold and progressively penetrating to deeper layers, turning into a febrile disease on the way.

Lingering pathogenic factor is a condition which is not completely cured and acts as a stepping-stone for a new disease.

Moxibustion: the dried leaves of *Artemisia vulgaris* (mugwort) are rolled into a cigar-like cone and lit for their therapeutic properties.

Original Qi or Essential-Qi originates from the Kidneys; it is considered the ultimate resource of the Yin and Yang-Qi of the body.

Pathogenic factors are the six external weather factors influencing and altering the general health of the body. They are Wind, Cold, Summer Heat, Damp, Dryness and Heat.

Release the Exterior means to get rid of the external pathogen, usually by inducing sweating or applying acupuncture, cupping or Gua Sha.

Shi indicates an excess condition.

Source (Yuan) points: all 14 regular channels have a Source point. This is where the Original Qi of that particular organ and channel is retained, therefore they are considered to be very effective treatment points.

Tonify means to strengthen.

Triple Burner (San Jiao) is an organ (system) in charge of controlling and maintaining the proper circulation of the body fluids between the three energetic layers of the body (Upper Jiao, Middle Jiao, Lower Jiao).

Xu (Empty) indicates deficiency.

Yang is the stronger of the two, the outside, active, the brighter side of things, hot, fire.

Yin is the weaker of the two, the inner aspect, passive, the darker side, cold, water.

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Acupuncture/acupressure points

ABBREVIATIONS

LU Lung
LI Large Intestine
ST Stomach
SP Spleen
H Heart
SI Small Intestine
BL Urinary Bladder
K Kidney
P Pericardium
TW Triple Warmer (Sanjiao-SJ)
GB Gall Bladder
Liv Liver
CV Conception Vessel (Ren Mai)
DU Governing Vessel (DU Mai)

LU-1 Zhongfu Central treasury (Front-Mu point of the Lung). Location: 'Three ribs above the breast, in the depression where the artery is felt'. Indications: Regulates the Lung-Qi, disperses the Heat in the Lung, helps with the descending action of the Lung-Qi and stops coughing.

LU-2 Yunmen Cloud gate. Location: Below the clavicle, in the depression 2 inches to the side of ST-13 Qihu (Qi Door). Indications: Cough, asthma, pain in the chest, shoulder and arm, and fullness in the chest. This is also the point where the Channel-Qi cycle begins and goes through the 12 regular channels, hence the name 'Cloud Gate'.

LU-5 Chize Cubit marsh (He/Sea, Water point). Location: 'At the centre of the elbow above the crease and at the artery'. Indications: Regulates the circulation of the body fluids, clears the pathogenic Heat in the Lungs, clears Phlegm from the Lungs, stops coughing, sore throat, oedema and restricted movement of the elbow.

LU-6 Kongzui Collection hole (Xi-Cleft, Accumulation point). Location: 'Below LU-5, 7 cun from the wrist crease, in the depression between the two bones'. Indications: All acute Lung conditions, clears the Lung Heat, stops bleeding, regulates the Lung-Qi, epigastric pain and arm pain.

LU-7 Lique Broken sequence (Connecting/Luo point, connects to the Large Intestine channel). Location: Above the wrist 1.5 cun, as the two hands are clasped, the point is where the forefinger of the opposite hand reaches between the two tendons'. Indications: One of the most important acupuncture points influencing the Defensive Qi, clears the Exterior pathogens, invigorates the channels, strengthens the Lung-Qi descending action, clears nasal blockage and stops coughing.

LU-9 Taiyuan Greater abyss (Shu/Stream and Yuan/Source point). Location: At the pulsating vessel, at the inner extremity of the crease, behind the hand'. Indications: Ventilates and moistens the Lungs, tonifies the Lung-Qi, resolves Phlegm and stops coughing; a major point to use in cases of asthma or wheezing.

LU-10 Yuji Fish border (Ying/Spring point). Location: 'Back of the main joint of the thumb, on the inner aspect, in the centre of the vessels'. Indications: Clears Lung-Heat, Wind, and induces perspiration, moistens the Lungs and stops coughing.

LI-4 Hegu Union valley (Yuan/Source point). Location: 'In the depression where the index finger and thumb bones part'. Indications: This is the major point used for pain relief; removes obstruction from the channel and releases the Exterior Wind-Heat, regulates the Qi and Blood.

LI-10 Shousanli Arm three miles. Location: '2 cun below Quchi (LI-11) at the end of the muscle'. Indications: Invigorates the flow of the Qi and Blood, removes obstruction; a very important point for tonifying the upper muscles and tendons, facial paralysis, rheumatic pain in the upper extremities.

LI-11 Quchi Pool at the bend (He/Sea point). Location: 'The outer portion of the elbow at the end of the elbow crease'. Indications: Very important point for tonifying the body, clears Exterior Wind and Internal Heat, especially from the Blood level, therefore it is used in all hot Skin conditions such as eczema, psoriasis and itching.

LI-14 Binao Upper arm. Location: '7 cun above the elbow at the end of the muscle'. Indications: Clears the obstruction from the channels and promotes the circulation of Blood, sedates pain; often used in the treatment of painful 'Bi' Syndrome.

LI-15 Jianyu Shoulder bone. Location: 'In the centre of the depression at the end of the shoulder, a hollow appears at the point when the arm is lifted'. Indications: Clears the obstruction from the channels, invigorates the flow of the Qi and Blood, expels the External Wind, benefits the sinews; a major point when treating painful shoulder and paralysis of the arm.

LI-16 Jugu Great bone. Location: In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and the scapular spine.

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Indications: Pain and motor impairment of the upper extremities, pain in the shoulder and back.

LI-20 Yingxiang Welcome fragrance. Location: '0.5 cun to the sides of the nostrils'. Indications: Clears the Exterior Wind, such as in facial paralysis, dissipates Lung-Heat, opens nasal obstructions and restores the sense of smell.

ST-1 Chengqi Tear container. Location: '0.7 cun below the eye, on the vertical line of the pupil'. Indications: Clears pathogenic Wind and Heat, improves vision, lacrimation and facial paralysis.

ST-2 Sibai Four whites. Location: '1 cun below the eye, under ST-1, in the hollow of the cheekbone, level with the pupil'. Indications: Expels Wind and Heat; used in facial paralysis, trigeminal neuralgia; brightens the eyes.

ST-3 Nose Juliao Great bone-hole. Location: '0.8 cun to the sides of the nostrils, on the vertical line of the pupil'. Indications: Expels pathogenic Wind and invigorates the channel; used in facial paralysis, trigeminal neuralgia, lacrimation.

ST-4 Dicang Earth granary. Location: '0.4 cun from the corner of the mouth'. Indications: Expels Wind, opens the channels and strengthens the local muscle and tendons; used in facial paralysis, trigeminal neuralgia.

ST-6 Jiache Jawbone. Location: '0.8 cun below the ear in the depression in front of the angle of the jaw'. Indications: Expels Wind and invigorates the channels, promotes the circulation of Qi and benefits the muscles and the ligaments.

ST-7 Xiaguan Lower gate. Location: 'In the centre of the depression in front of the ear, which when the mouth is closed there is a space, and when open the space is closed'. Indications: Clears the External Wind, opens the channels, benefits the ear and stops pain.

ST-12 Quepen Empty basin. Location: In the midpoint of the supraclavicular fossa, 4 cun lateral to the Conception Vessel meridian. Indications: Coughing, asthma, sore throat and pain in the supraclavicular fossa.

ST-14 Kufang Storeroom. Location: 'In the first intercostal space, on the mammillary line'. Indications: Clears pathogenic Heat from the Lungs, stops coughing, asthma, fullness and pain in the chest.

ST-15 Wuyi Roof. Location: 'In the second intercostal space, on the mammillary line'. Indications: Cough, asthma, fullness and pain in the chest; clears pathogenic Heat from the Lungs and mastitis.

ST-18 Rugen Breast root. Location: 'In the intercostal space, one rib below the nipple'. Indications: Regulates the circulation of Qi and Blood and removes stagnation from the breast, benefits the Stomach Qi.

ST-19 Burong Cannot contain. Location: 'On the abdomen, 6 cun superior to the umbilicus, and 2 cun either side of the midline'. Indications: Regulates the Spleen and Stomach, abdominal distension and pain, vomiting, sighing and diarrhoea.

ST-21 Liangmen Beam gate. Location: 'On the abdomen 4 cun superior to the umbilicus, and 2 cun lateral to the anterior midline'. Indications: Regulates the Stomach and Spleen, calms the Rebellious Qi, and stops vomiting and gastric pain.

ST-22 Guanmen Lower gate of the Stomach. Location: 'One cun below the ST-21 and 2 cun either side of the midline'. Indications: Treats diarrhoea, borborygmus, regulates the Stomach/Spleen and sedates pain.

ST-24 Huaroumen Slippery flesh gate. Location: '1 cun superior to the umbilicus, and 2 cun lateral to the anterior midline'. Indications: Regulates the gastrointestinal system, sedates the mind, dysphonia, insomnia, stiffness of the tongue, abdominal discomfort, borborygmus and diarrhoea.

ST-25 Tianshu Heavenly pillar (Front-Mu point of the Large Intestine). Location: '2 cun lateral to the centre of the umbilicus'. Indications: Regulates the Stomach and Spleen, resolves Dampness, clears Heat in the Stomach and Intestines, stops diarrhoea, vomiting and abdominal pain. A very important point when treating gastrointestinal (excess) patterns.

ST-29 Guilai Returning. Location: 4 cun inferior to ST-25, or 2 cun lateral to CV-3. Indications: Regulates the Lower Burner, relieves Blood stagnation, warms and benefits the uterus. A very influential point when treating gynaecological complaints.

ST-30 Qichong Surging Qi. Location: 5 cun below the umbilicus, 2 cun lateral to Qugu (CV-2). Indications: Abdominal pain, hernia, swelling and pain of the genitalia, impotence, dysmenorrhea, infertility and irregular menstruation. The name 'Surging Qi' reflects this point's location at the beginning of the Penetrating Vessel (Chong Mai) and its influence on the Uterus.

ST-31 Biguan Thigh joint. Location: 'Directly below the anterior superior iliac spine, in the depression on the lateral side of m. sartorius when the thigh is flexed'. Indications: Clears Wind and Damp, invigorates the channels, rheumatism, muscular atrophy of the lower extremities and strengthens the leg muscles.

ST-32 Futu Crouching rabbit. Location: On the line connecting the anterior superior iliac spine and lateral border of the patella, 6 cun above the laterosuperior border of the patella, in mid rectus femoris. Indications: Pain in the lumbar and iliac region, weakness of the knee, paralysis or motor impairment and pain of the lower extremities.

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ST-33 Yinshi Yin market. Location: When the knee is flexed, the point is 3 cun above the upper border of the patella, on the line joining the laterosuperior border of the patella and the anterior superior iliac spine. Indications: Numbness, pain and motor impairment of the leg and the knee.

ST-34 Liangqiu Beam hill (Xi-Cleft point). Location: '2 cun above the knee, between the two tendons'. Indications: Clears obstruction from the Stomach channel, invigorates the collaterals, regulating the Stomach and sedating the pain, expels Wind and Damp from the lower extremities.

ST-35 Dubi Calf's nose (also known as External Xiyan). Location: 'Ask the patient to flex the knee. The point is in the depression below the patella and lateral to the patellar ligament'. Indications: Expels the Wind, invigorates the channel, reduces swelling, stops pain and soothes the knee joint. A very effective local point when dealing with knee complaints.

ST-36 Zusanli Three miles of the leg (He/Sea point). Location: '3 cun below the knee, at the outer edge of the shin-bone'. Indications: This is one of the most important acupuncture points on the body, influencing and tonifying the entire Qi and Blood. Regulates and tonifies the Stomach and Spleen, clears obstructions from the Stomach channel and has a profound effect on general health. Expels Wind and Damp and is always used in painful 'Bi' Syndrome.

ST-37 Shangjuxu Upper great hollow. Location: '3 cun below the ST-36, in the depression between the tendon and bone'. Indications: This point is also known as the 'Lower Combination point of the Large Intestine'; it clears Damp and Heat from the gastrointestinal system, moves the bowels, stops abdominal pain, and is especially effective in the treatment of chronic diarrhoea.

ST-39 Xianjuxu Lower great hollow (Lower He/Sea Point of the Small Intestine). Location: 3 cun below ST-37 Shangjuxu, one finger-breadth from the anterior crest of the tibia, in mid tibialis anterior. Indications: Lower abdominal pain, backache referring to the testis, mastitis, numbness and paralysis of the lower extremities.

ST-40 Fenglong Abundant bulge (Luo/Connecting point). Location: '8 cun above the outer ankle, in the depression on the outer aspect of the lower shin-bone'. Indications: Resolves Damp and Phlegm. The most important point in clearing the Phlegm from the body; clears the Stomach-Heat, calms asthma, dispels Wind and invigorates the channel; used in paralysis of the lower extremities.

ST-41 Jiexi Separating stream (Jing/River point). Location: 'In the centre of the ankle, 6.5 cun directly above the midpoint of the great and the second toes'. Indications: Expels Wind and stops spasm, clears Stomach-Heat, calms the mind and reduces inflammation of the ankle.

ST-44 Neiting Inner court (Ying/Spring point). Location: 'In the depression on the outer aspect of the second toe'. Indications: Clears Heat from the gastrointestinal system, treats disorders of the face, bleeding gums, conjunctivitis, regulates Qi and benefits the digestion.

SP-4 Gongsun Yellow Emperor (Luo/Connecting point). Location: '1 cun behind the base joint of the great toe'. Indications: Tonifies and regulates the Stomach and Spleen, clears Damp-Heat from the Stomach and stops bleeding, regulates menstruation owing to the connection with the Penetrating Vessel.

SP-5 Shangqiu Shang (Sound of Metal) Hill (Jing/River point). Location: 'In the depression slightly in front of the point below the internal ankle'. Indications: Tonifies the Spleen and clears Dampness; the most important point for clearing Damp and reducing swelling in the lower extremities.

SP-6 Sanyinjiao Three Yin intersection. Location: '3 cun directly above the tip of the medial malleolus, on the posterior border of the tibia'. Indications: This is the meeting point of the three Yin meridians (Kidney, Liver and Spleen); it is one of the most important tonification points, tonifying the Spleen/Stomach, Kidneys, Liver (Blood); it resolves Dampness, regulates the flow of Qi and Blood, benefits menstruation, impotence and enuresis, and stops pain.

SP-8 Daji Earth's pivot (Xi-Cleft point). Location: '5 cun below the knee, in the depression below the inner aspect of the knee'. Indications: Regulates the uterus, removes obstruction and stops pain; a major point when treating gynaecological and lower extremity conditions; stimulates the Spleen and Stomach.

SP-9 Yinlingquan Yin mound spring (He/Sea Water point). Location: 'Below the knee, at the depression at the end of the crease when the knee is flexed'. Indications: Warms the Middle, tonifies the Spleen and expels Dampness, opens the Water passages; a major point for removing Damp from the lower extremities.

SP-10 Xuehai Sea of Blood. Location: '2.5 cun above the inner border of the kneecap, on the margin of the white muscle'. Indications: A major point for removing Blood stasis, stimulates the circulation of Blood; one of its important functions is the cooling effect on the Blood, therefore it is used in all hot skin complaints such as eczema or psoriasis.

SP-15 Daheng Great horizontal. Location: 'On the abdomen 4 cun lateral to the umbilicus'. Indications: Tonifies the Spleen, promotes the peristaltic movement of the Large Intestines, improves the flow of Qi and removes the excess Water from the intestines.

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SP-20 Zhourong All-round flourishing. Location: In the second intercostal space, 1 cun and 6 fen below LU-1 Zhongfu, 6 cun lateral to the Conception Vessel. Indications: Fullness in the chest and hypochondriac region, coughing, hiccup and upper arm pain.

H-7 Shenmen Spirit gate (Shu/Stream and Yuan/Source point). Location: 'On the transverse crease of the wrist, in the depression at the end of the wrist bone, i.e. at the head of the ulna'. Indications: Regulates and nourishes the Heart and sedates the mind; one of the most important and used points on the Heart channel, used in all Heart deficiency syndromes, such as insomnia, anxiety, palpitations and mental depression.

SI-9 Jianzhen True shoulder. Location: 'Below the shoulder blades, between the two bones, in the indentation behind the shoulder muscle'. Indications: Expels the pathogenic Wind and invigorates the channels, sedates pain in the shoulder, scapula and arm.

SI-10 Naoshu Upper arm point. Location: When the arm is adducted, the point is directly above SI-9 Jianzhen, in the depression inferior to the scapular spine. Indications: Pain, weakness and swelling of the shoulder and arm.

SI-11 Tianzong Heavenly gathering. Location: 'In the centre of the infrascapular fossa'. Indications: Opens the channels and invigorates the collaterals, reduces swelling and stops pain; an important point when treating painful shoulder joints.

SI-12 Bingfeng Grasping the Wind. Location: 'In the centre of the suprascapular fossa, directly above the point SI-11. A depression appears when the arm is lifted'. Indications: Same as SI-11 Tianzong.

SI-13 Quyuan Crooked wall. Location: On the medial extremity of the suprascapular fossa, about midway between SI-10 Naoshu and the spinous process of the second thoracic vertebra. Indications: Pain and stiffness of the scapular region.

SI-14 Jianwaishu Outer shoulder point. Location: 'The upper border of the shoulder blade, 3 cun lateral to the midpoint of the spinous processes of T1 and T2'. Indications: Expels the pathogenic Wind and moves the channels, stiffness of the neck and shoulders, back pain and numbness of the hand and fingers.

BL-2 Zanzhu Gathering bamboo. Location: 'In the depression at the head of the eyebrow'. Indications: Dispels Wind and Heat from the face, particularly from the eye; an important point when treating facial paralysis.

BL-11 Dashu Great shuttle. Location: '1.5 cun lateral to the lower border of the spinous process of the first thoracic vertebra'. Indications: This is the influential point of the bones. Expels Wind, nourishes Blood, strengthens bones and the sinews, relaxes muscles and tendons; also ventilates the Lungs and stops coughing.

BL-12 Fengmen Wind gate. Location: '1.5 cun either side of the spine, below the second vertebra'. Indications: Dispels the Wind and Cold or Wind-Heat, regulates the Lung-Qi and stops coughing; a very effective point when treating pathogenic Wind syndromes Hot or Cold.

BL-13 Feishu (Back -Shu point of the Lung). Location: '1.5 cun either side of the spine, below the third vertebra'. Indications: Regulates and tonifies the Lung-Qi, stops coughing and clears Heat, benefits the Nutritive and Defensive-Qi.

BL-14 Jueyinshu (Back-Shu point of the Pericardium). Location: '1.5 cun lateral to the lower border of the spinous process of the fourth thoracic vertebra'. Indications: Regulates the Heart-Qi, removes Liver-Qi stagnation, clears the channels and invigorates the collaterals.

BL-15 Xinshu (Back -Shu point of the Heart). Location: '1.5 cun either side of the spine, below the fifth vertebra'. Indications: Nourishes the Heart-Blood and calms the Spirit, sedates and relaxes the mind.

BL-17 Geshu (Back -Shu point of the diaphragm, and also the influential point of Blood). Location: '1.5 cun either side of the spine, below the seventh vertebra'. Indications: This is the influential point of the Blood; it strengthens the Spleen and Stomach, regulates and tonifies the Blood, moves the Qi in the chest, and is therefore an important point when treating fullness in the chest, belching or hiccups.

BL-18 Ganshu Liver point (Back-Shu point of the Liver). Location: 1.5 cun lateral to DU-8 Jinsuo, at the level of the lower border of the spinous process of the ninth thoracic vertebra. Indications: Jaundice, pain in the hypochondriac region, redness of the eye, night blindness, mental disorders, epilepsy and backache.

BL-20 Pishu (Back -Shu point of the Spleen). Location: '1.5 cun either side of the spine, below the 11th thoracic vertebra'. Indications: Tonifies the Spleen and Stomach, eliminates Dampness and Phlegm, regulates and calms the Rebellious Stomach-Qi; a very important point when tonifying the Qi and Blood.

BL-21 Weishu (Back -Shu point of the Stomach). Location: '1.5 cun either side of the spine, below the 12th vertebra'. Indications: Strengthens the Spleen and regulates the Stomach, dispels pathogenic Damp and removes intestinal stasis, abdominal distension and pain, vomiting, anorexia, diarrhoea, borborygmus and dysentery.

BL-23 Shenshu (Back -Shu point of the Kidneys). Location: '1.5 cun either side of the spine, below the

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14th vertebra'. Indications: One of the most important acupuncture points on the body; it tonifies the Kidneys, nourishes the Yin and strengthens the Yang, benefits the brain and marrow, improves the vision; a point to be used in all back pains, sexual deficiencies, gynaecological diseases and growth problems in children.

BL-24 Qihaishu Sea of Qi. Location: '1.5 cun either side of the spine, below the 15th vertebra'. Indications: Tonifies the Kidney-Qi and the lower back, lumbago, sprain of the lower back, paralysis of the lower extremities, and removes Blood stasis.

BL-26 Guanyuanshu (Origin gate CV-4, Back-Shu point). Location: '1.5 cun either side of the spine, below the 17th vertebra'. Indications: Tonifies the back and spine, expels Wind and Cold, opens obstructions in the channel.

BL-28 Pangguangshu (Back-Shu point of the Bladder). Location: '1.5 cun either side of the spine, below the 19th vertebra'. Indications: Tonifies the Original-Qi, clears Heat and regulates the Water metabolism in the lower parts of the body; used in all urinary Excess or Deficiency syndromes.

BL-31 to BL-34 (Biliao Location: These points are located at the four sacral foramina and have similar properties; they all treat gynaecological disorders in women and genital disorders in men and women: leucorrhoea, prolapse of uterus and sterility in women; impotence and prostatitis in men.

BL-32 Ciliao Second bone/hole. Location: 'In the second posterior sacral foramen, about midway between the lower border of the posterior superior iliac spine and the DU channel'. Indications: Clears the obstruction from the channel, benefits the reproductive organs, sedates pain, therefore it is used in the treatment of dysmenorrhoea and sciatica.

BL-36 Chengfu Support. Location: In the middle of the transverse gluteal fold. Indications: Pain in the lower back and gluteal region, muscular atrophy, pain, numbness and motor impairment of the lower extremities.

BL-37 Yinmen Gate of abundance. Location: '6 cun below Chengfu (BL-36, on the buttock crease)'. Indications: Strengthens the back, relaxes the tendons and muscles of the leg and sedates pain.

BL-40 Weizhong Bend middle (He/Sea Point). Location: 'This point is at the centre of the crease at the bend of the knee'. Indications: Cools the Blood-Heat and is frequently used in Hot Skin complaints, moves the Qi in the Bladder channel and is used for Painful-Bi of the lower extremities.

BL-43 Gaohuangshu Below the Heart. Location: '3 cun lateral to the lower border of the spinous process of the fourth thoracic vertebra'. Indications: Tonifies the Kidney-Qi, fullness of the chest, pulmonary tuberculosis, cough and asthma.

BL-44 Shentang Spirit hall. Location: '3 cun either side of the spine, below the fifth thoracic vertebra'. Indications: Moves the Qi in the chest, nourishes the Heart and calms the mind.

BL-52 Zhishi Will-Power chamber. Location: '3 cun either side of the spine, below the 14th vertebra'. Indications: This point reinforces the actions of Shenshu (BL-23); also strengthens the willpower due to depressive and emotional conditions.

BL-53 Baohuang Bladder; Womb; Uterus membrane. Location: 3 cun lateral to the DU meridian, at the level of the second sacral posterior foramen. Indications: Borborygmus, abdominal distension and pain in the lower back. BL-53 is intimately related to the Urinary Bladder and it is particularly effective when treating urinary blockages.

BL-54 Zhibian Lowermost edge. Location: '3 cun either side of the spine, below the 20th vertebra'. Indications: Strengthens the lower back and the knees, removes channel obstruction and sedates pain.

BL-57 Chengshang Mountain support. Location: 'In the parting of the flesh at the lower tip of the belly of the calf'. Indications: Invigorates the channel, removes Blood stasis, relaxes the tendons and muscles and stops the pain.

BL-60 Kunlun Kunlun Mountains (Jing/River point). Location: 'In the depression between the external malleolus and tendocalcaneus'. Indications: Clears Heat, strengthens the back, removes the obstruction from the channel, and is used in all painful conditions, especially pain of the Middle and Lower Jiao; sometimes called the 'aspirin point'.

BL-62 Shenmai Extending pulse. Location: 'In the depression 0.5 cun below the outer ankle bone between the two tendons'. Indications: Clears Wind, relaxes the tendons and muscles of the ankle.

K-I Yongquan Rushing spring (Jing/Well point). Location: 'In the depression of the heart of the foot, in the indentation as the foot is extended'. Indications: Nourishes the Yin, revives consciousness and clears the mind.

K-3 Taixi Great ravine (Shu/Stream and Yuan/Source point). Location: '0.5 cun behind the inner ankle bone, in the depression above the heel bone where pulse can be felt'. Indications: Nourishes the Liver and Kidney-Yin and regulates the Ren and Chong channels, therefore it is used in all gynaecological and reproductive complaints, such as infertility and impotence; one of the most important tonification points on the body.

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K-7 Fuliu Returning flow. Location: 'In the depression 2 cun above the inner ankle bone'. Indications: Tonifies the Kidney-Yang and resolves Damp, therefore it is often used in oedema of the leg, ankle and foot; also regulates perspiration.

K-II Henggu Pubic bone. Location: 5 cun below the umbilicus, on the superior border of the symphysis pubis, 0.5 cun lateral to CV-2 Qugu. Indications: Distension and pain of the lower abdomen, dysuria, enuresis, nocturnal emission, impotence and pain of the genitalia.

K-12 Dahe Great manifestation. Location: 4 cun below the umbilicus, 0.5cun lateral to CV-3 Zhongji. Indications: Nocturnal emission, impotence, leucorrhoea, prolapse of the uterus and pain in the genitalia.

K-24 Lingxu Spirit burial-ground. Location: 'In the third intercostal space, 2 cun lateral to the midsternal line'. Indications: Relaxes the chest, benefits the Heart and the mind and stops coughing.

K-25 Shencang Mind storage. Location: 'In the second intercostal space, 2 cun lateral to the midsternal line'. Indications: Benefits the Lungs, dissolves Phlegm, stops coughing. Calms the mind and alleviates anxiety.

P-4 Ximen Xi-Cleft gate. Location: 'Behind the palm, 5 cun from the wrist'. Indications: Clears Heat from Nutritive and Blood level, subdues the Heart, calms the mind, removes obstructions from the channel and stops pain.

P-6 Neiguan Inner gate (Luo/Connecting point). Location: '2 cun above the transverse crease of the wrist, between the two tendons'. Indications: Regulates the Heart-Qi and Blood, clears Heat from the Heart, calms the mind, subdues anxiety and panic attacks, maintains the proper flow of the Stomach-Qi, stopping nausea and vomiting; a major point when treating emotional complaints.

TW-4 Yangchi Yang pool (Yuan/Source point). Location: 'In the depression on the back of the wrist, in the centre of the crease'. Indications: Clears Wind and Heat, opens the collaterals, relaxes the tendons and stops pain in the arm, benefits the Stomach and the Original-Qi, transforms Damp from the Lower Burner.

TW-5 Waiguan Outer gate (Luo/Connecting point). Location: '2 cun above the wrist crease, between the radius and ulna'. Indications: Clears Wind-Heat; a major point when treating Wind-Heat syndromes, removes channel obstructions, consequently always used when treating pain in the arm and hand; also benefits the ear.

TW-6 Zhigou Branching ditch (Jing/River point). Location: '3 cun behind the wrist, in the depression between the two bones'. Indications: Expels Wind-Heat, especially from the skin, therefore it is often used when treating itching skin; regulates Qi of the body; empirical point in the treatment of chronic constipation.

TW-10 Tianjing Heavenly well (He/Sea point). Location: 'The outer aspect of the elbow, and in the depression 1 cun above the elbow'. Indications: Clears Damp and Phlegm from the chest; especially beneficial when treating the lymphatic blockage of the neck in children; invigorates the Qi and relaxes the tendons and muscles of the arm and neck.

TW-13 Naohui Upper -arm convergence. Location: On the line joining TW-14 Jianliao and the olecranon process, on the posterior border of mid deltoid muscle. Indications: Goitre, pain in the shoulder and arm.

TW-14 Jianliao Shoulder-bone hole. Location: Posterior and inferior to the acromion, in the depression about 1 cun posterior to LI-15 Jianyu. Indications: Pain and motor impairment of the shoulder and the upper arm.

TW-15 Tianliao Celestial-bone hole. Location: Midway between GB-21 Jianjing, and SI-13 Quyuan, on the superior angle of the scapula. Indications: Pain in the shoulder and elbow, and stiff-neck syndrome.

TW-17 Yifeng Wind screen. Location: 'In the depression behind the ear'. Indications: Clears Wind and Heat, removes the channel obstruction, benefits hearing, tinnitus, facial paralysis, trigeminal neuralgia and toothache.

TW-23 Sizhukong Silk bamboo hole. Location: 'In the depression at the lateral end of the eyebrow'. Indications: Expels Wind, subdues the Liver-Yang and clears headaches and fright; an important point when treating facial paralysis and dropped eyelid.

GB-1 Tongziliao Pupil bone-hole. Location: '0.5 cun out from the outer canthus'. Indications: Clears Wind-Heat and Liver-Fire; an important point when treating eye disorders or facial paralysis.

GB-14 Yangbai Yang white. Location: '1 cun above the eyebrow, on a line with the pupil'. Indications: Expels Wind-Heat and promotes the circulation of Qi; it is an important point when treating headache, pain in the eye, facial paralysis and trigeminal neuralgia.

GB-20 Fengchi Wind pool. Location: 'In the back of the ear and temple, on the hairline, between the heads of the sternocleidomastoid and trapezius muscles'. Indications: It is a major point in eliminating Wind-Heat or Wind-Cold from the head and neck; subdues the Liver-Yang and clears the Heat, benefits the eyes and improves vision.

GB-21 Jianjing Shoulder well. Location: 'Midway between T1 and the acromion, at the highest point of the shoulder'. Indications: Opens obstructions and invigorates the channels, dissolves Phlegm, promotes

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lactation and delivery in difficult labour; a very important point when treating Wind-Cold or Wind-Heat syndromes of the neck and shoulders.

GB-25 Jingmen Capital gate (Front-Mu point of the Kidneys). Location: On the lateral side of the abdomen, on the lower border of the free end of the 12th rib. Indications: Abdominal distension, borborygmus, diarrhoea, pain in the lumbar and hypochondriac region.

GB-27 Wushu Fifth pivot. Location: On the lateral side of the abdomen, anterior to the superior iliac spine, 3 cun below the level of the umbilicus. Indications: Leucorrhoea, lower abdominal pain, lumbar pain, hernia and constipation.

GB-28 Weidao Linking path. Location: Anterior and inferior to the anterior superior iliac spine, 0.5 cun anterior and inferior to GB-27 Wushu. Indications: Leucorrhoea, lower abdominal pain, hernia and prolapse of uterus.

GB-29 Femur-Juliao Squatting bone-hole. Location: 'Midway between the anterosuperior iliac spine and the greater trochanter'. Indications: Opens the obstruction from the channel and sedates pain; a very effective point when treating one-sided radiating pain to the leg.

GB-30 Huantiao Jumping circle. Location: 'In the centre of the hip joint'. Indications: A major point when treating hip and leg pains; also has a tonifying effect to the lower back, removes obstruction from the channel, relaxes muscles and tendons and stops pain; a cardinal point when treating sciatica.

GB-31 Fengshi Wind market. Location: 'Between the two ligaments on the outer side above the knee, at the end of the middle finger when the hand is placed on the thigh'. Indications: Clears Wind-FIeat and Wind-Cold; however, it is more effective when treating Wind-Heat in the Blood causing itchiness on the skin; it is also a major point when treating paralysis and painful legs.

GB-32 Zhongdu Central river. Location: On the lateral aspect of the thigh, 5 cun above the transverse popliteal crease, between the mid vastus lateralis and mid biceps femoris. Indications: Pain and soreness of the thigh and knee, weakness and numbness of the lower limbs.

GB-33 Xiyangguan Knee Yang joint. Location: '3 cun above Yanglingquan (GB-34) point, in the depression side of the knee'. Indications: Invigorates the collaterals, removes channel blockage, relaxes the muscles and tendons of the knee joint and stops pain.

GB-34 Yanglingquan Yang hill spring (He/Sea point). Location: '1 cun below the knee, in the depression on the outer face of the shin bone'. Indications: This is the influential point of the tendons; it is therefore one of the most important points when treating muscular weaknesses, cramps and pain, especially in the lower extremities; it promotes the smooth circulation of the Liver and Gall Bladder-Qi.

GB-39 Xuanzhong Hanging bell. Location: '3 cun above the ankle'. Indications: This is the influential point of the marrow; it is therefore used in all Blood deficiency syndromes, invigorates Qi and Blood circulation and removes obstruction from the channel; it is often used in the treatment of muscle pain due to stroke, pain and stiffness of the neck.

Liv-2 Xingjian Moving between (Ying/Spring points). Location: 'On the web of the great toe, in the depression where the pulse may be felt'. Indications: Clears Blood-Heat from the Liver, dispels Liver-Wind and subdues the Liver-Yang; it is an important point when treating Liver Excess conditions such as vertigo, dry throat, bitter taste in the mouth, epilepsy and infantile convulsions.

Liv-3 Taichong Great surge (Shu/Stream and Yuan/Source point). Location: '1.5 to 2 cun behind the main joint of the great toe'. Indications: Promotes the smooth flow of the Liver-Qi; the most important point for relieving Liver-Qi stagnation; calms the mind and is used in all emotional complaints; subdues the Liver-Yang rising, therefore it is the cardinal point when treating hypertension due to Liver-Yang; it is also a major point when treating muscular spasms.

Liv-5 Ligou Woodworm canal (Luo/Connecting point). Location: 5 cun above the tip of the medial malleolus, on the medial aspect and near the medial border of the tibia. Indications: Retention of urine, enuresis, hernia, irregular menstruation, leucorrhoea, weakness and atrophy of the leg.

Liv-8 Quguan Spring at the bend (He/Sea point). Location: 'On the medial side of the knee joint, when the knee is bent, the point is above the medial end of the transverse popliteal crease'. Indications: Expels Damp from the Lower Jiao, invigorates the channels, regulates the flow of Qi and Blood and stops pain; therefore it is very much used in the treatment of urinary and period complaints.

Liv-9 Yinbao Yin bladder. Location: 4 cun above the medial epicondyle of femur, between mid vastus medialis and mid sartorius. Indications: Dysuria, retention of urine, pain in the lumbosacral region, irregular menstruation and lower abdominal pain.

Liv-13 Zhangmen Chapter gate (Front-Mu point of the Spleen). Location: 'The outside of the pelvis, on the edge of the free ribs, at the level of the umbilicus'. Indications: Removes Liver-Qi stagnation, especially when it affects the digestive system; also invigorates the Spleen and Stomach-Qi.

CV-3 Zhongji Central pole (Front-Mu point of the Urinary Bladder). Location: 'Directly above the pubic bone, 4 cun below the umbilicus'. Indications: Clears

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Damp-Heat and strengthens the Bladder; it is the main point when treating bladder complaints such as enuresis, bed-wetting, prolapse of bladder and gehitalia; it also has a gentle tonifying effect on the Kidney-Yang.

CV-4 Guanyuan Passageway of Original Qi (Front-Mu point of the Small Intestine). Location: 'On the midline of the abdomen, 3 cun below the umbilicus'. Indications: Undoubtedly the most important tonifying point on the body, it reinforces the Original-Qi, tonifies the Kidney-Yang and nourishes the Essence, hence its significant use in the treatment of infertility, frigidity, impotence and lack of libido; also invigorates and nourishes Blood and Yin, and is therefore used in all gynaecological deficiency syndromes.

CV-6 Qihai Sea of Qi. Location: 'On the midline of the abdomen, 1.5 cun below the umbilicus'. Indications: This is a major point for tonifying Qi and Blood and reinforcing the Essence; it is especially effective when moxa is used on this point to warm the Yang-Qi, and is a cardinal point when treating abdominal distension and pain, diarrhoea, impotence, infertility, prolapse of the bladder or uterus, anaemia and insomnia.

CV-8 Shenque Spirit gate. Location: 'In the centre of the umbilicus'. Indications: Regulates and strengthens the Spleen and Stomach Yang-Qi, strongly tonifies and rescues the collapsed Yang-Qi.

CV-10 Xiawan Lower epigastrium. Location: 'On the midline of the abdomen, 2 cun above the umbilicus'. Indications: Tonifies the Spleen and regulates the descending action of the Stomach-Qi; also relieves stagnation of Food in the Stomach and intestines.

CV-12 Zhongwan Middle of the epigastrium (Front-Mu point of the Stomach). Location: 'On the midline of the abdomen, 4 cun above the umbilicus'. Indications: A cardinal point when treating Stomach patterns, it regulates the Stomach-Qi, tonifies the Spleen and resolves Dampness from the digestive system; moxibustion applied to this point is particularly effective.

CV-15 Jiuwei Dove tail (Luo/Connecting point). Location: 'Below the xiphoid process, 7 cun above the umbilicus'. Indications: Relaxes the chest (Heart, Lung and diaphragm), calms the mind, especially when treating emotional complaints, and also dissolves Phlegm and stops coughing. This point is often tender to the touch when the patient is under a great deal of emotional stress. I personally employ this point as a diagnostic tool to determine the severity of the emotional pressure upon the patient: the more tender the point, the less the ability of the person to cope.

CV-17 Shanzhong Middle of the chest (Front-Mu point of the Pericardium). Location: 'On the middle of the sternum, between the nipples, level with the fourth intercostal space'. Indications: Benefits the chest-Qi, regulates the descending action of the Lung-Qi, dissolves Phlegm and removes the obstruction from the chest, and relaxes the Heart. A very important point when treating mental and emotional conditions, it 'frees' the chest, namely the Heart and Lungs; Gua Sha applied to this point is especially effective.

CV-20 Huagai Floral canopy. Location: 'On the midsternal line level with the first intercostal space'. Indications: Relaxes the chest and diaphragm, clears the Lungs of pathogenic Heat and stops coughing.

CV-21 Xuanji Jade pivot. Location: 'In the depression 1 cun directly above CV-20'. Indications: Relaxes the chest, regulates the flow of Qi and sedates coughing.

CV-24 Chengjiang Saliva receiver. Location: 'In the depression below the lips, in the centre of the mentolabial groove'. Indications: Expels the pathogenic Exterior Wind and opens the collaterals. It is an important point when treating facial paralysis with deviation of the mouth or lips.

DU-1 Changqiang (Guiwei) Long strong. Location: 'At the lower end of the spine, midway between the tip of the coccyx and the anus'. Indications: Sedates spasm and pain, dispels pathogenic Heat from the Blood level, strengthens the rectum against prolapse, tonifies the Yang-Qi and strengthens the Kidneys; used for rectal prolapse, diarrhoea, haemorrhoids, lumbar and sacral pain and eczema of the scrotum.

DU-3 Yaoyangguan Lumbar Yang gate. Location: 'Below the spinous process of the fourth lumbar vertebra'. Indications: Tonifies the Kidney and strengthens the lower back, removes Cold and Damp, stops sacral pain; it is often used in the treatment of lower back and leg pain.

DU-4 Mingmen Life gate. Location: 'Below the spinous process of the second lumbar vertebra'. Indications: This is the most important acupuncture point for tonifying the Kidney-Yang and the Original-Qi, especially when used in conjunction with moxa; it strengthens the back and knees and nourishes the Essence, therefore it is the cardinal point when treating Kidney deficiency syndromes such as impotence, infertility, tiredness, feeling of cold, bed-wetting or dysmenorrhoea.

DU-10 Lingtai Spirit tower. Location: 'Below the sixth vertebra'. Indications: Benefits the Lungs and stops coughing, clears the pathogenic Heat and detoxifies the Blood; it is therefore used in hot skin complaints such as acne, eczema or psoriasis.

DU-12 Shenzhu Body pillar. Location: 'Between the shoulder blades, below the third thoracic vertebra'. Indications: Tonifies the Lung-Qi, strengthens the body, calms spasms, disperses pathogenic Heat and Wind, sedates coughing, clears the Heart and calms the Spirit.

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DU-14 Dazhui Great hammer. Location: 'Above the first vertebra'. Indications: Clears Heat, expels Wind and Cold, also clears the mind and stimulates the brain. It is a major point when treating Heat patterns such as convulsions, epilepsy, hypertension, eczema, psoriasis, acne and restless mind syndrome.

DU-20 Baihui Hundred meetings. Location: 'In the hair-whorl at the centre of the vertex'. Indications: This is the meeting point of all the Yang meridians of the hand and foot with the Du channel. Clears Heat, tonifies Yang, opens the orifices, calms the mind and strengthens the brain; it is also an empirical point when treating prolapse of internal organs.

DU-24 Shenting Mind courtyard. Location: 'Directly above the nose, 0.5 cun within the hairline'. Indications: Calms the Heart and Spirit; used in all mental disorders and insomnia.

DU-26 Renzhong Middle of person. Location: 'Below the nose, a little above the midpoint of the philtrum'. Indications: Expels the Exterior Wind, therefore it is used in the treatment of facial paralysis affecting the upper lip. Revives the sensory organs and restores the unconsciousness.

EXTRA POINTS

Anmian Location: 'This point is located at the midpoint between TW-17 and GB-20'. Indications: Calms the mind; it is an important point when treating insomnia, epilepsy, mania and hysteria; especially effective during depression or a panic attack.

Dingchuan Asthma relief. Location: '0.5 cun lateral to DU-14'. Indications: Expels Exterior Wind and calms asthma; especially effective when cupping therapy is applied.

Huatuo Jiaji Location: '0.5 cun bilateral to the spinal column, between the spinous processes, from Cl to SI; altogether 24 pairs of points'. Indications: The indications of these points are very similar to those of Back-Shu points, but milder in action.

Heiding Location: In the depression of the midpoint of the superior patellar border. Indications: Knee pain, weakness and paralysis of the foot and the leg.

Jianneiling (Jianqian) Inner shoulder mound. Location: 'Midway between the end of the anterior axillary fold and LI-15 Jianyu'. Indications: Expels External Wind and Cold, removes obstruction from the channel and stops pain. Very important point when treating frozen shoulder syndrome.

Shixuan Location: 'On the tips of the ten fingers, about 0.1 cun distal to the nails'. Indications: Clears Blood-Heat, treats hypertension, tonsillitis, high fever, mania and infantile convulsions.

Shiqizhui Location: 'In the depression between the spinous process of L5 and SI'. Indications: Sacral pain, dysmenorrhoea and paraplegia caused by injury.

Sifeng Location: 'In the centre of the palmar aspect skin creases of the proximal interphalangeal joints of the second through fifth fingers'. Indications: Resolves Damp and promotes digestion in children; especially effective when treating the Food Accumulation Syndrome.

Taiyang Greater Yang. Location: 'In the depression about 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus'. Indications: Eliminates Wind, clears Fire. Very important point when treating one-sided headache such as migraine; also treats redness and pain in the eye.

Xiyian Knee eyes. Location: 'A pair of points in two depressions medial and lateral to the patellar ligament'. Indications: Expels Wind-Damp from the knees; it is an empirical point when treating painful or swollen knees.

Yaoyan Location: 'In the depression 4 cun bilateral to the point between the spinous process of L3 and L4'. Indications: Lumbago, diabetes and gynaecological disorders'.

Yintang. Location: Midway between the medial ends of the two eyebrows. Indications: Headache, nosebleed, rhinorrhoea, infantile convulsion, frontal headache, mental confusion and insomnia.

Yuyao Fish spine. Location: 'In the middle of the eyebrow'. Indications: Clears Heat, brightens the eyes and promotes clear thinking.

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Chapter 1

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History of Cupping

Early Cupping Methods

The therapy of cupping has been used in China for thousands of years. At first it was applied using cattle horn and consequently was also called 'horn therapy'. To create a negative pressure inside the horn, fire was ignited to expel the air. The method was used primarily to withdraw pus and blood in the treatment of boils. Another method was to create a hole in the top of the horn, around which the practitioner would place his lips and physically suck out the air to create a negative pressure. As far as safety was concerned, the length of the horn would be the only protection afforded to the practitioner. This method is still employed in many countries for treating boils and carbuncles. Cupping was then used as an auxiliary method in traditional Chinese surgery. Later it was found to be effective in other diseases, and developed into a special therapeutic method.

The earliest records of cupping is in *Bo Shu* (an ancient book written on silk), which was discovered in an ancient tomb of the Han Dynasty in 1973 (Chen Bin, Dr He Chong, personal communications, 1995). Some therapeutic cupping methods were also introduced in a book by Zouhou Fang in about 28 AD (Chen Bin, Dr He Chong, personal communications, 1995). Cases of treatment of tuberculosis were recorded in Weitaimiyao in 755 AD. Three hundred years later, another ancient classic, *Susen Liang Fang*, recorded an effective cure for chronic cough and the successful treatment of poisonous snake bites using cupping therapy (Chen Bin, Dr He Chong, personal communications, 1995).

About 500 years ago, a famous surgeon called Wei Ke Zen Zong presented a detailed record of the cupping methods used in surgical practice (Chen Bin, Dr He Chong, private communications, 1995). Through several thousand years of accumulated clinical experience, the clinical applications of cupping have become increasingly wide. Now it can be used to treat Bi-syndromes, asthma, the common cold, chronic cough, indigestion problems and some skin conditions. During the Jin

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dynasty, Ge Hong[1] (281-341 AD), in his book *A Handbook of Prescriptions for Emergencies*, first mentioned the use of animal horns as a means of draining pustules. Zhao Xueming[1] of the Qing dynasty (1644-1911), in his Supplement to *Outline of Herbal Pharmacopoeia*, wrote a separate chapter on the subject under the heading 'Fire-Jar Qi'. The original natural horn cup has been replaced by bamboo, ceramic or glass cups (some of my African patients report that horn cupping is still used today in rural Africa as the only way to expel poison). Because cupping is widely used in Chinese folklore culture, the technique has been inherited by the modern Chinese clinical practitioner.

There is a saying in China: 'Acupuncture and cupping, more than half of the ills cured.' Zhao Xue Ming, a doctor practising more than 200 years ago, compiled a book entitled *Ben Cao Gang Mu She Yi,* in which he describes in detail the history and origin of different kinds of cupping and cup shapes, functions and applications. In mainland China the development of cupping therapy has been particularly rapid. In the 1950s the clinical efficacy of cupping was confirmed by Co-Research of China and acupuncturists from the former Soviet Union, and was established as an official therapy practice in hospitals all over China. This issue substantially stimulated the development of further cupping research.

Cupping in the Western World and the Middle East (Hajama)

Just how popular was cupping and to what extent was it used in the West? Were the applications and conditions similar to those in ancient China? To find an answer to these questions I have examined a wealth of medical information and found useful data regarding cupping therapy in both ancient and contemporary clinical practice around the world. In particular, the Wellcome Institute for the History of Medicine in London has been an invaluable source.

The ancient Egyptians were the first to use cupping therapy systematically. *Ebers Papyrus,* thought to be the oldest medical textbook, written in approximately 1550 BC, in Egypt, describes bleeding by cupping in order to 'remove the foreign matter from the body'. Hippocrates and Galen were also great advocates of cupping.[2] In the early days the technique was used solely for bleeding purposes. In those days there were two schools of thought as far as disease was concerned: starve the source of the sickness from the body, or bleed to drain it away. Galen often condemned the renowned physician Erasistraus, who practised in Alexandria, Egypt, in the third century BC, for not using cupping. Erasistraus used fasting for almost every cure. Prosper

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Alpinus, who for several years resided in Egypt, working as a physician to the Venetian Consulate about the close of the 16th century, has given an excellent account of the practice of medicine among the Egyptian people during that period: 'And as it is well known that although the nations of the East have frequently changed masters, they are by no means prone to change their manners and customs'. Among the Egyptians and the various nations inhabiting that country, cupping appears to have been considered as a remedy for almost every type of disease, as well as an important means of preserving health.

The complaints for which the Egyptians used scarifying and cupping, for which Alpinus quotes the authority of Herodotus of Greece (413 BC), the first writer of secular history and a celebrated physician, were as follows:

Scarification, with Cupping, possesses the power of evacuating offending matter from the head; of diminishing Pain of the same part, of lessening inflammation; of restoring appetite; of strengthening a weak stomach; of removing vertigo; and tendency to faint; of drawing deep-seated offending matter towards the surface; of drying up fluxions; checking haemorrhages; promoting menstrual evacuations; arresting the tendency to putrefaction in fevers; allaying rigors; accelerating and moderating the crisis of diseases; removing a propensity to somnolence; conciliating natural repose; removing heaviness. These, and many analogous maladies, are relieved by the judicious application of the Cucurbits (Cups), dry or bloody.

In his book, *Galen on Blood Letting*, Peter Brain[2] indicates that, for Galen (c. 129-200 AD), disease and health are defined in terms of nature. 'Disease is an unnatural state of the body', states Galen, 'which impairs a function. Health is a state in accordance with nature, and the cause of the functions.' Here we can see the similarities to the cause of disease and the theory of Traditional Chinese Medicine (TCM): disease occurs as a result of imbalance between the Yin and the Yang.

Galen continues:

The nature does its best to restore unnatural states to their healthy condition. The function of the Physician is to cooperate with her. When a patient is suffering from a disease, nature is struggling to overcome the Pathogenic agents and if she is plainly succeeding the Physician should do nothing. If however she is getting the worst of the struggle, he must come to her aid by doing what she would do if she could. The Physician must preserve what is according to nature, eliminating what is not.

Galen believes that this was also Hippocrates' opinion. In Galen's view there are three main kinds of fever. The ephemeral

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(short-lived) variety is due merely to temporary overheating of the body. The cause is no longer present, and the doctor's only task is to cool the patient. The inflammatory fevers are more difficult. Here it may be necessary to dissipate the inflammatory focus, and bloodletting is one of the possible measures. However, if the inflammation in a part has hardened, his problems are multiplied, and local cooling remedies are used; hence the extreme importance in the ancient system of initially keeping the body free from residues. Constipation and the suppression of menstrual flow were regarded as very serious matters because material that ought to be eliminated was being retained in the body, and much attention was given to prophylactics. This idea is by no means dead in popular belief even today.

Galen continues: 'The principal indication for Blood letting, then, is to eliminate such residues or to divert blood from one part to another by the process known as Revulsion or Derivation.' The advantages of bloodletting over other forms of haemorrhage, as Galen repeatedly states, is that the doctor can stop the flow whenever he wishes. According to Galen's system of pathology, all medical diseases are due to dyscrasia (a faulty state of the constitution or a morbid condition of the blood due to some general disease) of one type or another. In TCM this is known as Stagnation of Blood and Qi. All a doctor needs to do in such circumstances, he believes, is to restore the balance of the humours in the body.

A doctor's task is made difficult, however, because individual patients differ greatly in their healthy and diseased states. Some are by nature Cold, and hence more liable to conditions such as dropsy than to fevers; others are Hot, and so on. It is of great practical importance to judge the natural balance, or temperament, of the patient.

'Cupping is an art' wrote the London cupper Samuel Bayfield in 1823,[3] 'the value of which every one can appreciate who has had opportunities of being made acquainted with its curative power by observing its effects on the person of others, or by realising them in his own.' Lor thousands of years all medical authors have distinguished two forms of cupping, Dry and Wet. In Dry cupping no blood is actually removed from the body. A cup is drained of air and applied to the skin, causing the skin to tumefy (swell). In Wet cupping the process begins with dry cupping and is followed by several incisions being made in the skin, in order to collect blood.

In 1826, the surgeon Charles Kennedy[4] wrote: 'The art of Cupping has been so well known, and the benefits arising from it so long experienced, that it is quite unnecessary to bring forward testimonials in favour of what has received not only the approbation of modern times, but also the sanction of the

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remotest antiquity.' Among the Egyptians, who introduced bloodletting to Greece, cupping was the usual remedy for almost every disorder, and they no doubt had received it from the more ancient nations of the East, from whom they had derived their other knowledge.

In many cases, topical abstraction of blood alone is indicated, and this can only be effected by using leeches or cupping. Leeches have been found so uncertain in their application that various means have been prescribed to make them more effective. The author also takes note of the time the leeches are on, and how long the blood continues to flow after their removal. Three methods have been proposed to encourage blood to the skin surface when there is a sluggish flow: friction, fomentation and warm baths. I would most particularly recommend the last, as the best effect is produced if the patient is cupped while in the bath.

Diseases

Apoplexy

Before an attack of apoplexy the patient generally feels those premonitory symptoms that were mentioned by very early writers on medical practice. These include a dull, heavy pain in the head, giddiness on stooping, throbbing of the temporal arteries, ringing in the ears, loss of memory and excessive drowsiness. If any of these symptoms appear, no time should be lost in recommending the abstraction of blood as a means of relief. An occasional application of the cupping glass will be sufficient in more moderate cases, but when the patient has already had one attack, blood must be simultaneously taken from the arm. By having early recourse to these means the attack may be prevented for a considerable period. During the state of Coma, cupping glasses and scarification are applied to the temples, the nape of the neck or between the shoulders; upwards of 100 ml of blood can be collected in the course of 4 days by this means.

Palsy, Hysteria and Epilepsy, Mania, Fever in General, Inflammation (including inflammation of the brain and eyes)

Cupping should be applied to the temples, the nape of the neck or between the shoulders. In pneumonic inflammations, pulmonary consumption and haemoptysis about 10 ml of blood abstraction will be sufficient to alleviate considerably the distressing symptoms of oppression and dyspnoea. For inflammation of the liver, gout and rheumatism, cupping is frequently applied and is more particularly advised where

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there is congestion of the vessels of the head or internal organs. Some practitioners use cupping in preference to the lancet.

Cupping was generally regarded as auxiliary to phlebotomy (bloodletting). The indications for the operation were similar to those of phlebotomy, except that there was a tendency to prefer cupping in cases of localized pain or inflammation, or if the patient was too young, too old or too weak to withstand phlebotomy. As noted above, the ancients usually recommended cupping close to the seat of the disease. However, there are several examples in ancient manuscripts of cupping a distant part in order to divert blood. The most famous of these examples was Hippocrates' recommendation of cupping the breasts in order to relieve excessive menstruation.

Thomas Mapleson,[5] a professional cupper to His Royal Highness the Prince Regent in 1830, gave the following list of 'diseases in which cupping is generally employed with advantage' in 1813: Apoplexy, angina pectoris, catarrh, consumption, contusion, convulsions, cramps, disease of the hip and knee joints, deafness, delirium, dropsy, epilepsy, erysipelas, eruptions, giddiness, gout, whooping cough, hydrocephalus, head acne, inflammation of the lungs, intoxication, lethargy, lunacy, lumbago, measles, numbness of the limbs, obstructions, ophthalmia, pleurisy, palsy, defective perspiration, rheumatism, to procure rest, sciatica, shortness of breath, sore throat, pains of the side and chest.

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Early Cupping Instruments

Mapleson believed that cupping was first used in the ancient practice of sucking blood from poisoned wounds. In any case, the earliest cupping instruments were hollowed horns or gourds with a small hole at the top, through which the cupper could suck out the blood from scarifications previously made by a knife. The Arabs called these small vessels 'pumpkins', to indicate that they were frequently applied to a part of the body in which the organs contained air, or that they were vessels that had to be evacuated before they could be applied. The use of cattle horns for cupping purposes seems to have been prevalent in all periods up to the present time. When the Roman physician Prosper Alpinus visited Egypt in the 16th century, he found the Egyptians using horns that were provided with a small valve of sheepskin, held in place by the cupper's tongue and serving to prevent the intake of air once the cup was exhausted. In 19th-century America, at least one physician still recommended horns as being superior to glass cups for rural medical practice. A Virginia physician, Dr W.A. Gillespie, disturbed by the high cost of cupping instruments, suggested to his readers in *The Boston Medical and Surgical Journal* in 1834 that since glass cups were often broken when

carried around, 'an excellent substitute can be made of small cow horn, cornicula, which may be scraped or polished until perfectly diaphanous or transparent'.

Samuel Bayfield illustrates five different sizes of cupping equipment in his book. He also gives the following account of the history of cupping in Europe:

From the Egyptians this ancient art was transferred to the Greeks by Cecrops, who emigrated with his companions from Egypt, established a colony in Greece, and built the city of Athens in the year of the World 2448; although the practice is discovered to have existed among the civilised ancients of other Countries, and even in the tribes of some uncultivated savages, yet the origin of it is hid in obscurity, and no records or tradition remain, by which its primary traces may be discovered. It is found that the natives of America, the Hottentots, the Hindoos, the inhabitants of the South Sea Islands, and of New Holland; the Japanese, and the Chinese have long practised the operation of Cupping. It appears from another part of the works of Hippocrates, that very large cups were employed by the more ancient Grecian Physicians for the reduction of dislocation of the vertebrae from a supposition that the bones, when protruded inwardly, might be restored to their proper position by the suction of the Cups. From Hippocrates, who died at the age of 101, at Larissa, in Thessaly, 361 years before Christ, the art passed through the hands of succeeding Physicians who Valued or Neglected it!

In the year 360, flourished Oribasius, a Professor of Medicine in Alexandria, and physician to Julian, the apostate. He speaks very copiously of local bleeding and Cupping. In the fifth Century, the interruption of the Goths, Vandals and other barbarians, overturned every seat of learning, and put stop to the useful, as well as the polite arts; medicine also sunk in the general wreck; but in the Ninth Century, after the Saracens had expelled the Goths, we find it in the hands of the Arabians in Spain, by whom it was cultivated for three or four hundred years. In the succeeding Century we find Rhazes employing it with scarification to a great extent, and by this operation he cured King Hamet of a fit of apoplexy. Arabian Physic now began to extend itself into Italy; for Spaniards they established medical correspondence with the Italian Physicians, and the Greeks now emigrating to Italy in the fifteenth Century, Italy became the favourite field of medical science. In 1683, Bellini, an Italian Physician of eminence, favoured the operation of Dry Cupping.

As is apparent from these reports, European and American doctors and surgeons were employing cupping therapy to treat a variety of conditions up to the late 1860s. They mostly used

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the Wet type (bleeding method), which almost always involved some kind of scarification and bloodletting. However, after 1860 interest in the invention of new scarificators declined as Wet cupping decreased in popularity and medical attention shifted to the therapeutic virtues of Dry cupping. The Dry technique offered even greater opportunities for inventors, who sought means to bring the effects of the vacuum to more areas of the body for greater lengths of time.

Dry Cupping

Dry cupping, in its simplest form, was said to act as a 'revulsive' or 'derivant'. By the 19th century these once hotly debated terms had become almost interchangeable in discussions of cupping. In cupping for revulsive purposes, one cupped on a distant part to relieve an excess of blood in the affected area; in applying cupping as a 'derivant', one cupped closer to the affected area. In either case the source of pain was presumed to be somewhere below the skin and the pain was relieved by moving blood away from the affected part up to the surface of the body. Thus, one 19th-century cupper concluded, 'revulsion was only derivation at a distant point'. If dry cupping was applied for 10 minutes or longer, so that the capillaries burst, the action of the cups was said to be that of a counterirritant. According to ancient medical theory, this was a means of relieving an affected part by deliberately setting up a secondary inflammation or a running sore in another area of the body. Counterirritations were traditionally produced in a number of ways, among them blisters, cautery, setons, moxa and dry cupping.

Dry cupping stimulated much of the debate on the subject of disease in the 19th century, as well as many physiological experiments. Although physicians generally agreed that dry cupping had a curative value if employed properly, they disagreed widely on when to employ this remedy, and on the manner in which it was best applied. They discussed whether or not the application of cups affected only the surface vessels, or whether cupping could affect the entire nervous system and, through the nerves, the action of the secretory organs. Arguments continued on the effects of dry cupping as providing only a temporary respite, or was it more permanent? An interesting series of investigations conducted throughout Europe and America sought to ascertain the value of dry cupping in checking the absorption of poison. Investigations performed by Dr Martin Barry, an Edinburgh physician residing in Paris in 1827, included an impressive series of physiological experiments in which he administered strychnine and arsenic under the skin of dogs and rabbits and then cupped over the wounds. He concluded that although dry cupping prevented almost certain death from

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poison, once the cups were removed death would ensue unless the poison was surgically removed.

Below is a detailed paper written by Dyce Duckworth MD, 1869, on the use of dry cupping.[6]

My object in calling attention to the ancient and well-known therapeutic method of dry-cupping is with a view to urge a more frequent practice of it. It may appear to many to be hardly necessary to do so, since, as a remedial measure, under suitable circumstances, the employment of derivatives of various kinds is enjoined by the best systematic and clinical teachers. I am, however, so convinced that a more extended use of this means is called for and justifiable, that I believe it may be well to review in this place some of the advantages derivable from it. I propose to discuss, first, the objects sought to be attained by dry-cupping, and the theory of its action; and, secondly, to indicate the class of cases in which its employment is warranted; lastly, I shall make a few practical remarks upon the operation itself.

1. I have already spoken of this measure as classed amongst derivatives. By this term is to be understood a different action from that produced by a counter-irritant strictly so called. According to Bereira, derivation is a form, or, as he terms it, case of counter-irritation, and he thus distinguishes between revulsion and derivation - in the first the artificial or secondary disease is produced in a part remote from the seat of the primary affection; in the latter the artificial disease is set up in the neighbourhood of the primary malady.

I think a distinction should be made between a purely derivative and a counter-irritant action, and I lay stress upon this just now, because it seems to me that we may employ the practice of dry-cupping in both of these ways, and this I hope to show presently.

The results we obtain by dry-cupping vary accordingly as we produce a purely derivative effect, or a counter-irritant one in addition. The object then of this practice is to withdraw from an engorged viscous or part some of the excess of blood contained in it. Under ordinary circumstances this withdrawal is more or less temporary; and if it be secured to a sufficient extent, an opportunity of recovery is afforded to subjacent or adjacent parts. The organs are relieved, and thus set at rest. By this means we check the flow of blood in the larger arteries, and engorge the cutaneous small vessels and capillaries. It is needless here to do more than recall the well-ascertained anatomical facts regarding the vascular connections between the cutaneous, subcutaneous, and visceral systems. These facts, which were unknown twenty years ago, have assisted greatly in converting for us into

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therapeutic science what was formerly but empirical art. Cupping acts as a kind of temporary ligature on the vessels of the part to which the glass is applied, including even the capillaries, and it is in this way that it tends to prevent the absorption of poisons locally applied.

Professor George Johnson holds the view that dry-cupping acts similarly to hot fomentations. The object is first to draw the blood through the arteries into the capillaries; then to allow it quickly to return by the veins; and not to keep it stagnating in the capillaries, which will happen if the glasses be retained long on the spot. Thus the ligature theory of Graves cannot hold if the operation be performed so as to permit a continuous onward flow of blood through the capillaries to the veins. It is, however, easy to see that the effect alluded to by Graves is attainable by modifying the operative procedure, and it was to this point I before referred when I stated that I believed it possible to employ dry-cupping both as a pure derivative, and a strict counter-irritant. The sole object of dry-cupping is not to irritate the skin, but to draw blood rapidly from the arteries. According to this practice, then, the effect is simply derivative; to produce the ligature-action of Graves the process must be so conducted as to prove counter-irritant, whether this effect be desired or not. The difference is practically accomplished by removing the cups as soon as the integument is fully raised within; they must not be left on longer if a simple derivant effect is sought. To produce a counter-irritant action the cups may be retained for ten minutes or more when the ligature action is set up, or, in other words, stagnation of blood current occurs, and ultimate rupture of capillaries, leading to ecchymosis or even larger extravasation if the process be pushed far enough.

It is right to state, however, that I have never observed any harm to result in consequence. That an action amounting fully to a counter-irritative one is set up by the operation so performed as to cause rupture of capillaries has for some time been entertained by me, since I could not but believe that this effect should ensue from the implication of so large an area of tissue as we find to be affected on section of the parts post mortem. The same thing also is manifest on examination of the tissues lately subjected to leech-bites. These are far from exerting so local an action as is generally supposed. Hence I think that a measure of counter-irritation is secured even by employing leeches to a part.

We fnd then that the theory of the action of dry-cupping resolves itself into those of derivation and counter-irritation, and to follow out this part of the subject further would be improper in a paper of this kind. I therefore pass on now to indicate.

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2. *The class of cases in which the employment of dry-cupping is warranted. If it be true, as I believe it is, that a practical distinction may be made in this healing method, used either as a derivative purely, or as a counter-irritant, then I think the cases for which this treatment is desirable may be classed under two heads. Dry-cupping as a derivant may be employed in acute conditions of engorgement, and here its action is akin to, but different from, local depletion.* As *a counter-irritant this means may be used in combating more chronic congestions and various neuralgia. We are only now beginning to give reasons that can shelter themselves under the name of science for the use or withholding of blood-letting, and I believe the profession is greatly indebted to the clear and philosophical teaching of Dr George Johnson on this subject. My knowledge of this fact was first gained from my friend Dr Andrew, of St. Bartholomew's Hospital. His lecture, before referred to, is worthy of the most careful study.*

I allude first to the action of dry-cupping as a counter-irritant measure. The effect here is closely akin to that produced by the thermic hammer, or Corrigan's button as it is sometimes termed. A more lasting influence is set up, and the blood is longer retained in the part. In cases of obstinate neuralgia, and especially in sciatica which does not yield to ordinary methods of treatment, I think the application of the glasses in the course of the great sciatic nerve is most proper. I would urge what has been suggested by Graves, that glasses of suitable shape be used in various parts which we are not wont to visit with this treatment. This writer quotes a case of severe sciatica which yielded to this plan even after the use of acupuncture had failed; and all who have followed the latter practice will, I think, admit that it is amongst our best resources in obstinate cases. There are many affections met with which we hesitate to treat with a blister, and where, too, the hypodermic injection of anodynes is objected to on various grounds by the patient, especially in the cases of nervous and delicate females, that may be fairly attacked by this method. At all events, we have here another resource which we may be thankful for, and which I believe is too often forgotten. I would instance, further, such affections as pleurodynia, various hysterical neuralgia, hysterical vomiting, &c. In weakly subjects of epileptiform neuralgia, and in the very painful condition of gravedo, whether due to influenza or not, the application of a cup to the nape of the neck I conceive to be well worthy of trial. If ecchymosis occurs superficially to any extent, the skin will bear the marks of the treatment for some days, but no stain will remain, as is often the case after sinapisms or blisters, and no abrasion ensues unless the glasses have been so much heated at the margins as to vesicate in the first instance.

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I have not taken notice of the views recently promulgated by Dr Dickinson on the subject of counter-irritation, but I beg to recommend his very able essay to the thoughtful study of all interested in this question. (Vide vol. iii. St. George's Hospital Reports, 1869.) Despite his exhaustive discussion of all the possible methods in which this principle acts, and his conclusions as to the general inexpediency of employing counter-irritants, I still venture to believe that in the judicious use of such measures we are armed with therapeutic weapons of no mean power. I have seen this accident occur after unskilful application of the cups.

I come next to discuss the use of dry-cupping as a derivant proper, and here we have a larger field for operation. In all cases where it is important to save blood, and at the same time set free congested parts, we may resort to this procedure. We have not far to seek for examples such as these. On the largest scale this method is practised when Junot's boot is applied to an extremity, and by means of this a patient may be reduced almost ad syncope. The viscera that we most commonly seek to relieve by dry-cupping are the lungs, the liver, and kidneys. The benefits that we can confer upon a large class of sufferers from intra-thoracic congestions by this means are great. I have often had occasion to witness the immense relief thus afforded in cases of capillary bronchitis, and of acute accessions of bronchitis in the chronic form. In pulmonary congestions resulting from cardiac disease, whether valvular, or due to dilated and feeble walls of this organ, complicated or not with renal disease, we may cup with great advantage. In such aneurysms of the aorta as compress the superior vena cava, and in thoracic tumours of all kinds interfering with due venous circulation, and return of blood from the head and upper extremities, we may put on the cups again and again with every prospect of affording relief to the sufferings, and, in not a few instances, relief of a more or less permanent character. In advanced cases of pulmonary emphysema with bronchitis, where one is induced to blister the sternal region, the application of a few cups to the chest renders it unnecessary to employ the more tedious and painful measure. And this is surely worthy of our attention if we seek but a palliative and temporary remedy, even to procure an euthanasia. I believe recourse is had in too many instances, and on too many occasions, to the torturing process of vesication, perhaps as a matter of routine with some, in cases where it is too much to hope for permanent benefit from this means. Patients in a weakly condition sometimes suffer exceedingly from blistering, and are long to recover the natural tone of the part thus treated. Be it observed that in the cases we have mentioned we seek a purely derivative effect, not an irritant one, and I repeat this because I think the practice is now too common of resorting at once to

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sinapisms and such procedures as act otherwise than on a purely derivant principle.

I have said nothing of the employment of dry-cupping in the treatment of pneumonia or pericarditis, because I have no experience of the practice. My belief is that it would be much preferable to the use of blisters in the earliest stage of these diseases and that this latter is not an uncommon custom with some practitioners may be gathered from a fact that most hospital physicians will testify to, that the majority of cases of acute inflammations have been already treated with blisters ere admission, and are certainly not the better, but rather worse, for the practice. I think the cups might be beneficially used in cases of rapidly-extending bronchitis in children. Graves speaks of the value of this treatment in the suffocative catarrh of children; and as this is especially met within the infantile population of cities and large towns, where direct depletion is quite inadmissible, this practice commends itself to our consideration. It may well take the place of the more painful sinapisms (herbal plaster made of mustard seeds applied to the skin as irritant), and should be repeated frequently in such instances.

In this country we are not often called upon to treat active congestion of the liver, but in tropical practice, in the early stages of hepatic engorgement, dry-cupping may always be resorted to, even if there is a doubt as to the propriety of first employing the scarificator.

In affections of the kidneys, however, there is more scope amongst us for derivative therapeutics. Opinions vary on this point, but rather, I think, with reference to the actual abstraction of blood. Thus Todd, in discussing a case of acute nephritis in which wet-cupping was practised, doubts the benefits of this, and confesses that in the treatment of similar cases he has been more frequently disappointed than satisfied by topical blood-letting during active renal congestion. He attributes this failure to the necessity that exists for the kidney to work in eliminating morbid matter so long as other emunctories are not stimulated. The lesson we learn from this, I think, only teaches us not to forget to excite the skin, to give the patient such diluents as may help to wash out the renal tubes, and act, if need be, on his bow el-surface. It must surely aid recovery in the engorged organs to deplete them by cupping, wet or dry, in addition to the other measures. Nature, at all events, gives us the indication by rupturing the blood-vessels, and inducing haematuria. Todd observes again that he has seen much more benefit result from cupping when employed against the subsequent or residual congestion that is apt to remain in such cases. Dr Grainger

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Stewart holds a different opinion. 'Dry-cupping', he observes, 'over the loins is often followed by marked improvement, especially in the first stage of the disease, when the organs are much congested.' 'Wet-cupping', he states, 'has proved very beneficial, and has seen it rouse a patient from uraemic coma, and rescue from immediate death.'

In the course of the inflammatory forms of Bright's disease, so long as the urine remains scanty, bloody, or markedly smoky in tint, dry-cupping may be daily practised with benefit. Most patients, in London hospitals certainly, with renal diseases, can ill afford to lose blood: hence dry-cupping is indicated more especially in these persons.

In conclusion, I have to make one or two remarks on the operation itself. It is still, I find, customary in some hospitals to employ a cupper. I hold this to be a mistake as far as clinical teaching is concerned. My experience in various institutions of the working of this plan is that the cupper does his work when it best suits him, and hence the students and clinical clerks hardly ever see the operation conducted. It is distinctly an art and acquirement to cup with neatness and promptitude, but it is one any student may easily become proficient in ere he leaves hospital practice. The house-physicians should cup, and instruct the students in the process. The essence of success in cupping consists in using a very large flame for exhausting the air in the glasses. Most of the failures in completing the process result from employing too small a flame. The parts should be fomented first, and the cups passed through hot water and quickly dried by an assistant. Care should be taken not to heat the rim of the glass, and a momentary insertion of a large flame is sufficient, the cup being held close to the body. In cases of thoracic disease the internal infra-scapular regions are the best situations in which to cup. From two to six glasses may be put on at once, and they should be moved sooner or later according to the amount of derivant or counter-irritant action sought. If the patient is feeble, and the blood impoverished, ecchymosis will occur sooner than in more robust persons. In all cases the practice should be repeated at least daily, and in some instances twice a day is not too frequent an application. I believe full benefit is not always secured in consequence of neglect of this latter injunction.

This paper clearly demonstrates the enthusiasm of many British doctors towards the therapeutic value of dry cupping, as practised in the 1860s.

Quite a number of my elderly patients in England and Australia would remember their parents treating a boil by filling up an ordinary milk bottle with hot water, quickly emptying it and

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turning the bottle on the boil to withdraw pus from it. A major function of these cups was to collect wound secretions from boils or furuncles.

Breast Cupping

Mothers with underdeveloped or inflamed breasts posed a frequent problem for the 19th-century physician, who treated them with either large doses of tartar emetic - a strong purgative - or cupping. The breast pumps then used were small glass cups with fluted edges made to accommodate the nipple. While some surgeons, such as the American Samuel Gross, recommended using a bottle with a long neck in which the air had been rarefied by means of hot water, most breast pumps were exhausted by mechanical means. In the 1920s some breast pumps were attached to electric motors. Breast pumps have continued to be employed up to the present day. From 1834 to 1975 more than 60 breast pumps were patented, the majority in the period from 1860 to 1920.

The founder of today's Royal Free and Royal Marsden Hospitals in Fondon, surgeon William Marsden (1796-1867), also employed paid cuppers in his Royal Free Hospital in Gray's Inn Road, Fondon, during the 1830s. When Dr Marsden decided to open a hospital and freely treat the poor, he enlisted surgeons and doctors who contributed their time free of charge, with the exception of a paid apothecary and a paid cupper. During my research I was privileged to be allowed into the old medical records of the Royal Free Teaching Hospital, Hampstead, Fondon, and read through the 'minute ledger' of meetings. The records of the Annual General Meeting held at the Board Room of the Royal Free, 23 February, 1832,[8] state: 'That Surgeon James Davis Fane Esq. be persuaded to continue his valuable services as Cupper to the institution'. We can safely conclude that cupping therapy was indeed used in Western hospitals from very early times, and that it was performed by highly skilled doctors and surgeons.

Cupping in the Jewish Tradition

The Chief Rabbi of Egypt, Rabbi Moshe Ben Maimon (Rambam 1135-1204), was referring to this therapy in his medical books *Mishna Thora - Hilchot Deot,* Chapter 4 (private correspondence, Moshe Rafael Seror, the founder and principal of The College of Jewish Medicine). Most of the teaching on this chapter relates to preserving and maintaining a good, healthy mind and body: 'The life (Hebr, soul) is in the blood' (Fev. Xvll.ll). 'In the medicine of the Talmud blood plays a purely negative part. Most diseases arise

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in the blood. Blood is therefore not considered a remedy; but on the contrary, bleeding and cupping (that is the removal of blood) are recommended as modes of treatment.' During the Talmudic period, surgery attained a high degree of development. Venesection (phlebotomy) was extensively used on the healthy and the sick alike. Mar Samuel Yashinai went so far as to recommend its use once every 30 days (Shab, 1291). After the age of 50, venesection should be employed less frequently. Bleeding by means of cupping (the cup being called 'Karna de-ummana') is frequently mentioned.

Cupping in the Middle East and the Muslim World (Hajama)

It was a rare occasion when I came across detailed and systematic information regarding cupping therapy outside TCM practice. 'Hajama', as it is known in the Arabic world - which also translates 'to restore to basic size' or 'to diminish in volume' - has been quite extensively practised by the Arab nations throughout history. The Prophet Mohammed (peace be upon him, pbuh) is reported to have been a fervent user and advocate of cupping therapy (Hajama). In the book, *Healing with the Medicine of the Prophet*,[9] written by Imam Ibn Al-Qayyim, an eminent scholar of Hadith (sayings of the Prophet Mohammed-pbuh) who lived in Damascus (1292-1350), cupping therapy is prescribed for many illnesses. It was reported that the Prophet said:

Cupping and puncturing the veins are your best remedies. This Hadith is directed at people of Hijaz and warm areas in general, for their blood is delicate and circulates closer to the surface of the skin, while the pores on their skin are wide and their strength weakened (i.e. during summer). Puncturing of each of the veins usually has a special benefit. For instance, puncturing the basilic vein (the large vein running on the inner side of the upper arm) is useful against the heat of the liver and spleen and various blood-related tumours in these two organs. It is also useful for tumours of the lungs, arterial pulsation, pleurisy and all blood-related diseases of vein in the lower part of the knee to the hip. Further, puncturing of the median vein helps against the various swellings that appear throughout the entire body, especially when the swelling is blood-related, and contains spoiled blood in general. In addition, puncturing of the arm's vein helps against the ailments in the head and neck that result from excessive amounts of blood or from septic blood. Puncturing of the jugular vein helps against the ailments of the spleen, asthma, thoracic cavity and forehead pain. Cupping the upper section of the back helps against the aches of the shoulder and the throat. Further,

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cupping the two jugular veins helps against the ailments of the head, face, teeth, ears, eyes, nose and throat, if these ailments were caused by excessive presence of blood, soiled blood or both. The Messenger of Allah used to apply cupping on the two jugular veins and the upper part of the back.

Abu Dawud, *Healing with the Medicine of the Prophet, p. 21.*

It was not only cupping therapy in general that was advised, but also the benefits of such therapy and the locations of cups to be applied, depending on the condition of the patient as well as the correct timing of such therapy according to the lunar date. The author of *Al-Qanun,* Ibn-Sina, said: 'Cupping is not preferred in the beginning of the month, because the body's various conditions will not be agitated then, nor is it preferred in the end of the month, because by then the conditions would have decreased. Cupping is preferred in the middle of the month when the substances [of the constitution or condition] accumulate and become agitated.' In different Hadith: 'The messenger of Allah used to have cupping on the jugular veins and upper part of the back on the seventeenth, nineteenth or twenty first day of the month', the most beneficial time of the day being 2-3 hours after taking a bath. Dietary recommendations were also given, including fasting a day before the cupping, total avoidance of milk and milk products during the days of cupping, and plenty of green, leafy vegetables and tomatoes during and after the treatment. Advice was also given to the practitioner: 'Refrain from cupping treatment on full stomach.' In separate Hadith: 'There is a cure provided in three substances - a drink of honey, a cut with a knife for cupping and cauterising by fire. I forbid my Ummah [Muslim Nation] from cauterising by fire.'

Although cupping therapy was regarded as 'very effective', it was also considered 'quite dangerous' in unskilled hands. Diseases were also categorized as Hot, Cold, Wet and Dry types. While warm honey was given to cold conditions, cupping therapy was administered for hot (febrile) conditions. It goes on to say: 'The heat of the fever is a breath of the Hell fire; cool it with water.' Here, we can clearly see some similarities with TCM where excessive heat is considered a 'pathogenic factor' which has to be cooled or removed from the body.

In a more recent study reported by the *Arabic News* (18 August 2001), a Syrian medical team headed by Dr Ahmad Takreiti (heart surgeon) conducted a series of studies and lectures to fellow doctors on the benefits of cupping therapy. The study was conducted on 300 patients of both sexes. When cupping was applied to the upper back, between the scapula, for 3 minutes, positive therapeutic results were reported in the treatment of haemophilia, lymphoma, migraine,

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hypercholesterolaemia, gout, paralysis, asthma, rheumatism and certain chest complaints. The Hejamah Cupping Symposium was reported in the *Syria Times* (17 June 2003) where cupping was described as the 'most popular medical method practised by the majority of people in Syria'. The Minister of Health, Dr Mohammad Iyad Al-Shatti, and the Chairman of the Physicians Union in Syria, Dr R. Ramadan, attending the symposium, drew particular attention to the false expectations and assumption that cupping is a 'cure for all' and in particular to the safety and hygiene issues regarding cupping therapy among lay persons in the country. Also pointed out were the dangers to public health when cupping is not practised in a clinical environment (published by Teshreen Press and Publishing Foundation, 2003).

The Decline of Cupping

Cupping died out in America and Europe in the early 20th century, but its disappearance was gradual and scarcely noticed. Some of the most complex cupping devices were invented in a period when most physicians regarded cupping as ineffectual. One of America's last advocates of bloodletting, Heinrich Stern, writing in 1915, also advocated the use of an electric suction pump to evacuate blood. He declared that ecchymosis (red cupping marks on the skin) could be prolonged with the use of an electric motor for 15, 30 or more minutes. In addition to some sophisticated devices, simple cupping, especially dry cupping, continued well into the early 1940s. Although cupping was no longer generally recommended by physicians, most

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Fig.1.1 Scarificator with 13 lancets. 17th century, European. (British Science Museum/Science and Society Picture Library.)

Fig.1.2 Cupping set, 1878. Cupping aimed to draw poisonous substances from the body and was popular from Roman times until the late 19th century. (British Science Museum/Science and Society Picture Library.)

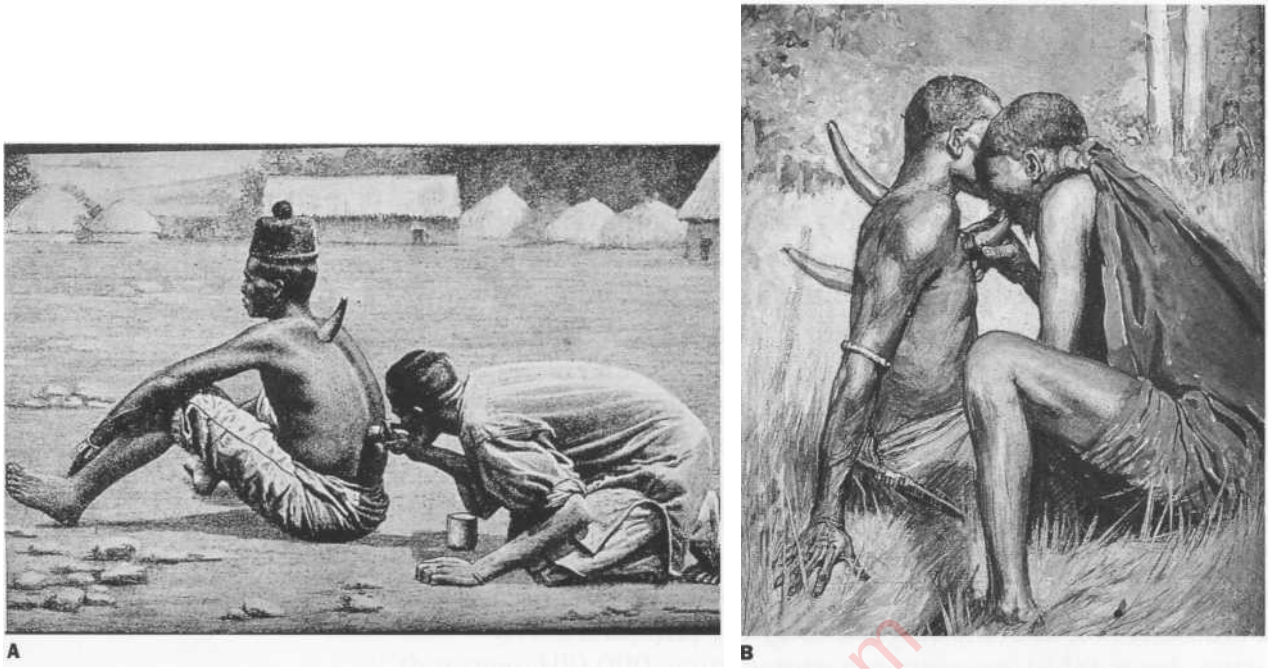

Fig.1.3 (A,B) An African medicine man or shaman applying the technique of cupping to a patient using animal horns; this involves drawing blood to the surface of the body. (Wellcome Institute Library, London.)

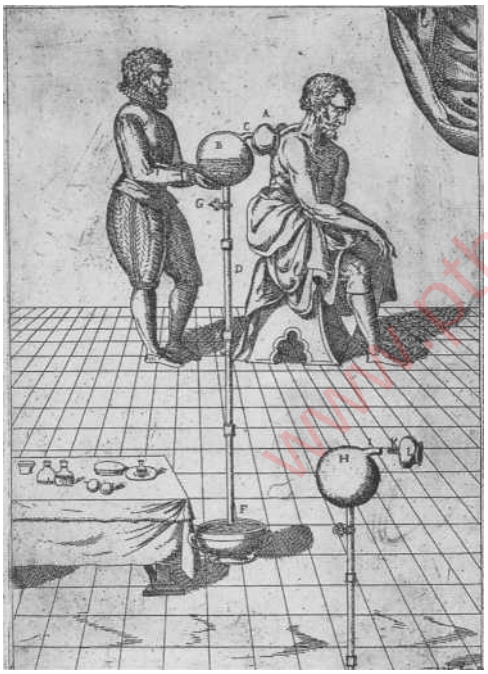

Fig.1.4 A surgeon applying the method of cupping to a patient. Etching by Brandini. (Wellcome Institute Library, London.)

Fig.1.5 One of a group of soldiers having his arm cupped; this represents the political situation of France in relation to German states in 1820. (Wellcome Institute Library, London.)

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surgical companies advertised cups, scarificators and cupping sets in the 1920s and even as late as the 1930s.

The last bastions of cupping in the United States were the immigrant sections of large cities. In the Lower East Side of New York in particular, cupping was still flourishing in the 1930s. By then it was no longer performed by a physician, but had been relegated to a barber's task. Often an advertisement reading: 'Cups for colds' could be seen in a barber's shop window. In Europe and other parts of the world, cupping is still practised by different people of various nationalities. Japan (Kyukaku), Germany (Schropftherapie), Poland (Banky), Russia (Banky), Scandinavian countries, the Czech Republic (Bankovani), Turkey (Kupa Qekme), Greece (Ventouzes), Brazil (Ventosaterapia) and Portugal (Ventosaterapia), together with the Swiss, the Balkan nations and many Mediterranean peoples, for example, still practise cupping in their homes, and include a set of cups in their first aid boxes or, in some cases, merely use jam jars.

The invention of various antibiotics and fever-reducing drugs has also contributed to the decline of cupping therapy.

New Interest in Cupping Therapy

Many TCM practitioners in the West consider the year 2005 to be a 'cupping therapy year'! For several months following Friday, 9 July 2005, cupping therapy was the subject of worldwide media attention. This was entirely due to Oscar winning actress Gwyneth Paltrow, who decided to reveal her newly acquired cupping therapy marks at a film festival in New York by wearing a low cut dress which showed the circular marks across her back and shoulders. Newspapers, radio stations and TV networks in the USA and across Europe gave extensive coverage to cupping therapy and speculated wildly about why she was having this treatment! Some cynical comments were made but in general it has been a positive and informative approach. This helped to stimulate a healthy public debate in natural health and complementary medicine circles, simultaneously encouraging many TCM practitioners who were previously reluctant to apply this method of treatment, to study further and improve their cupping skills.

Today, as more people seek complementary and alternative therapies to deal with their health problems, therapies such as acupuncture, herbal medicine, aromatherapy, reflexology, chiropractic, osteopathy, homoeopathy, Tui-Na and massage have become popular. Public awareness and education have also changed, from seeing these as 'quack' remedies to more respectable alternative treatments. In both America and Europe the education of the complementary therapist has taken on a new meaning. Here in the West, most acupuncture schools

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and colleges offer 3-4-year ‘accredited’ acupuncture courses, with optional studies in China. Many alternative therapy organizations have set up self-regulatory bodies, ensuring high educational standards and at the same time seeking better understanding and recognition by the health system and the general public.

Unfortunately, most acupuncture school curricula in the West do not include enough time for the teaching of cupping therapy. However, in the last few years since my first book was published in late 1999,1 have taught cupping therapy through various TCM schools and private lectures in England, Germany, Norway, Sweden, Denmark, Holland, Turkey, the Czech Republic and Switzerland. I am also very pleased to see a genuine enthusiasm towards cupping therapy among the new generation of TCM practitioners. In parallel with this new-found interest, quite a number of internet websites are also offering online cupping therapy information. It is estimated that over 100 000 acupuncture practitioners today work outside China, practising Chinese Medicine as a whole. It is clear that cupping therapy taught and used properly on its own, or alongside various tactile therapies, can positively influence and speed up the body’s natural healing process.

Modern Cupping Equipment and Methods

Much of the cupping equipment and methods used today are exactly the same as they were in ancient times. There are just a few exceptions, where for example electronic, electrical or mechanized suction pumps have been introduced, but to a great extent the majority of people practising cupping today still use bamboo or glass cups. The small and versatile, manually operated valve cupping set (pistol handle) is the most popular version among Western practitioners (see ‘Pistol handle valve cups’, p. 23). Clear Perspex cupping sets (also sold individually) are the new available versions. As far as cupping methods are concerned, Chapter 7 discusses 11 cupping methods in more detail.

Electromagnetic Cupping

In China the use of electric cupping apparatus involves the patient in additional cost. In addition, the electric cupping machine itself is expensive, bulky and impractical as far as mobility is concerned. These machines are heavy, and are consequently mounted on a portable table so that they can be taken to the nearest bed and positioned next to the patient. In Chinese TCM hospitals almost every acupuncture department

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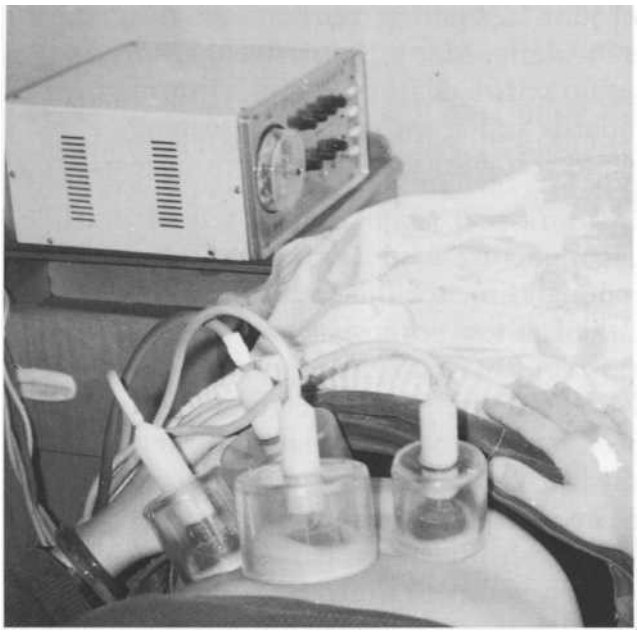

Fig.1.6 Electromagnetic cupping apparatus.

has an electric cupping machine (Fig.1.6). The cup is attached to the machine through an umbilical suction cord. At the same time, if necessary, a separate cable can be fitted to activate an electromagnetic probe inside the cup. Suction strength and duration can be adjusted and controlled electronically by the operator. The use of electromagnetic stimulation during a cupping treatment is a new experience for me; therefore I am unable to comment on the therapeutic efficacy of such a technique. According to some doctors who use such devices regularly, electromagnetic stimulation increases the therapeutic effectiveness of cupping, especially when applied to joints, including the knees and elbows. One of the drawbacks of this rather sophisticated machine is that the cups cannot be sterilized as often and as efficiently as plain glass cups.

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Portable Cupping Pumps

These are smaller, portable versions of mechanical cupping machines, powered by small petrol engines or batteries. They are heavy to carry around, especially when visiting patients; they are also very noisy to operate and difficult to clean. In my first book I introduced the portable cupping pumps as ‘easy to carry around’; however, I changed my opinion when I discovered that the average weight of these machines is around 5 kg - not so practical for a busy practitioner doing visiting rounds!

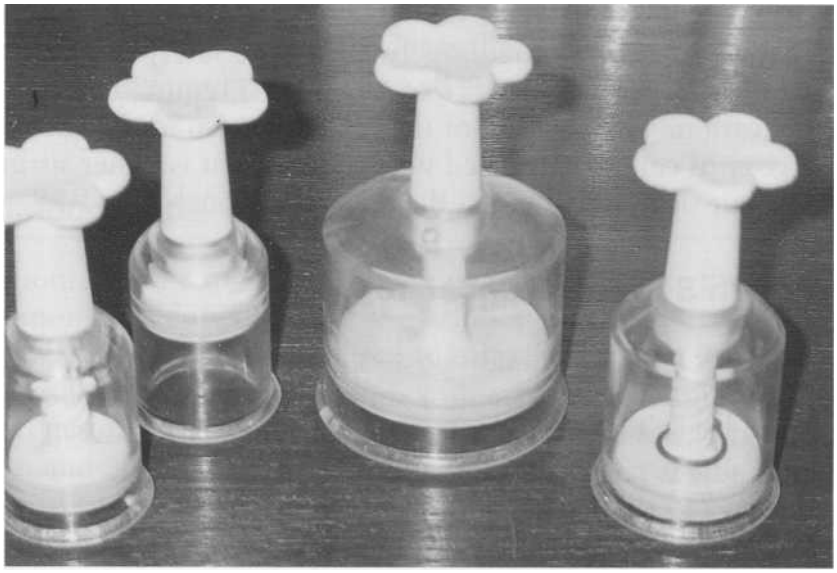

Fig.1.7 Screw-top cupping set. (Courtesy of Acu-Medic Co. Ltd, London.)

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Screw-top Cups

A more modest and rather inexpensive cupping set I have seen has an adjustable screw-threaded handle located on top of the cup and attached to a piston-like suction pump inside the cup (Fig.1.7). The level of suction required is obtained by turning the handle anticlockwise and allowing the piston ring inside the cup to touch the patient's skin. The handle is then turned clockwise in order to pull the piston upwards, thereby creating a negative pressure inside the cup. Flsing this method, cupping treatment can be carried out in almost any environment, as neither electricity nor fire is needed. However, again a sufficient degree of sterilization cannot be achieved as the cups are lined with a fine lubricant in order to facilitate the movement of the piston.

Pistol Handle Valve Cups

This type of cup is usually made of toughened glass or clear hard plastic material (Fig.l.8A) and has a valve attached to its top. So far I have seen two varieties of this cupping apparatus: one has a pump, which resembles a bicycle pump, and the other is the pistol handle type. The operator places the cup in the desired position and inserts the pump into the valve. He then proceeds to pump air out of the cup, creating suction. The strength of suction can be adjusted from the valve which is positioned at the top of the cup. With this method the operator has absolute control over the vacuum, in particular when sensitive and small areas such facial points or a boil need to be cupped. Proper sterilization presents no problem, and the cupping sets are relatively inexpensive and easy to obtain.

Pistol handle valve cups have become very popular with Western practitioners in recent years, largely due to the safety aspect of this particular set, where no fire of any kind is required during the application. The position of the patient is also irrelevant as the valve cups can be employed while the patient is either sitting up in a chair or lying down on the treatment couch (Fig 1.8B).

Cups with Squeeze Rubber Tops

These cups are made with a hollow rubber handle attached to the top (Fig.1.9). The operator simply squeezes the rubber handle and places the cup on the desired point. When the rubber handle is released, a vacuum is created. A major disadvantage of these cups is that only a limited amount of air can be drawn out of the cup, and therefore the suction obtainable remains limited to light and medium strength.

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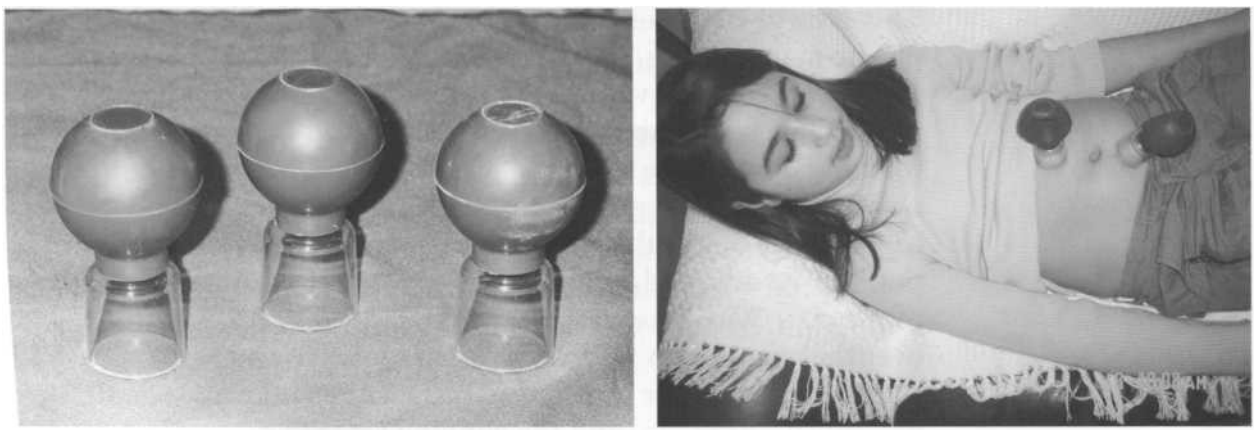
A B

Fig.1.8 (A,B) Valve cupping set. Courtesy of Harmony Acupuncture Supplies Ltd, London.)



A

Fig.1.9 (A,B) Rubber-top cupping set.

Children under 7 years of age prefer this method, as there is no fire or machinery involved, and it is the only type of cupping method that parents can easily and safely be taught for use on their children at home.

Bamboo Cups

Without doubt cups made of bamboo (Fig. 1.10) are the most commonly used in China today. Bamboo is easily available, inexpensive and extremely light to carry, and the cups are durable and last for years. There are a few disadvantages, however, first, the edges of the bamboo cups are very sharp compared to glass cups, and dig into the flesh. For this reason, I personally refrain from using bamboo cups on my Western patients, as the concept of pain in the West is very different from that of the Chinese. For the Chinese patient, the discomfort caused by the bamboo cup is quite acceptable. A second disadvantage is that the operator is unable to see inside the cup to monitor the strength of suction and avoid blistering. Thirdly, adequate sterilization cannot be achieved as the bamboo is very porous and absorbent, and a strong suction may draw blood or body fluids into the fibres of the cup. In a busy clinic, for example, there would therefore be a greater risk of cross-infection. For personal use in the home, however, bamboo cups are very safe.

During my studies in the Nanjing University of Traditional Chinese Medicine and the first Affiliated Hospital, Nanjing,

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Fig.1.10 (A,B) Bamboo cupping set. Used in ancient times and today.

I was allowed to visit and participate in the work of various departments such as the children's clinic, Tui Na (Chinese therapeutic massage), herbal medicine and acupuncture. Most of these departments use cupping therapy extensively alongside their main treatment modalities. For the reasons mentioned above, the most favoured medium used in all these departments was the bamboo cups.

Glass Cups

Before glass cups were introduced, earthenware and china were used for many thousands of years. In fact, my grandmother often used large earthenware vessels resembling water jugs. Because of the obvious disadvantages of earthenware cups (expensive, easily broken and very heavy to handle or carry), glass cups (Fig. 1.11) were introduced soon after the invention of glass itself (around 2500 BC, by the Egyptians). The drawings on the entrance of one of the tombs in Fuxor, Egypt, clearly show a cupping set, most probably made of glass, among other medical instruments (Fig. 1.12). The edges of glass cups are thicker and smoother than those of bamboo cups. They are also available in different sizes.

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Fig.1.11 Glass cupping set. Used in ancient times and today.

Fig.1.12 Drawings on the entrance to an Egyptian tomb, Luxor. (Courtesy of Mrs J. Shilton, London.)

It is often difficult to purchase a set of glass cups all the same size: wholesalers and retailers often prefer to sell them in sets of three, all varying in size, so that large numbers of the less popular sizes do not remain in their stock.

Glass cups are the type most favoured by Western practitioners. From a practical point of view they are easier to use and sterilize, and the practitioner can actually observe the progress of suction inside the cup. For this reason alone I prefer the use of glass cups in my clinics. There appears to be only one disadvantage: if dropped, glass cups break very easily and are expensive to replace.

Rubber Cups

In late 1999,1 was introduced to a new cupping set that is made completely of a rubber material (Fig.l.l3A). The cups are corrugated in shape and when the air is pushed out a rather strong suction is obtained. The cups give a good strength of suction and are versatile in their application.

Because of the natural rubber material, these cups are expensive and cannot be boiled or sterilized in a strong cleaning solution as the rubber becomes soft, edges wear thin and are unable to hold onto the skin. They are recommended for personal use rather than in a clinical environment.

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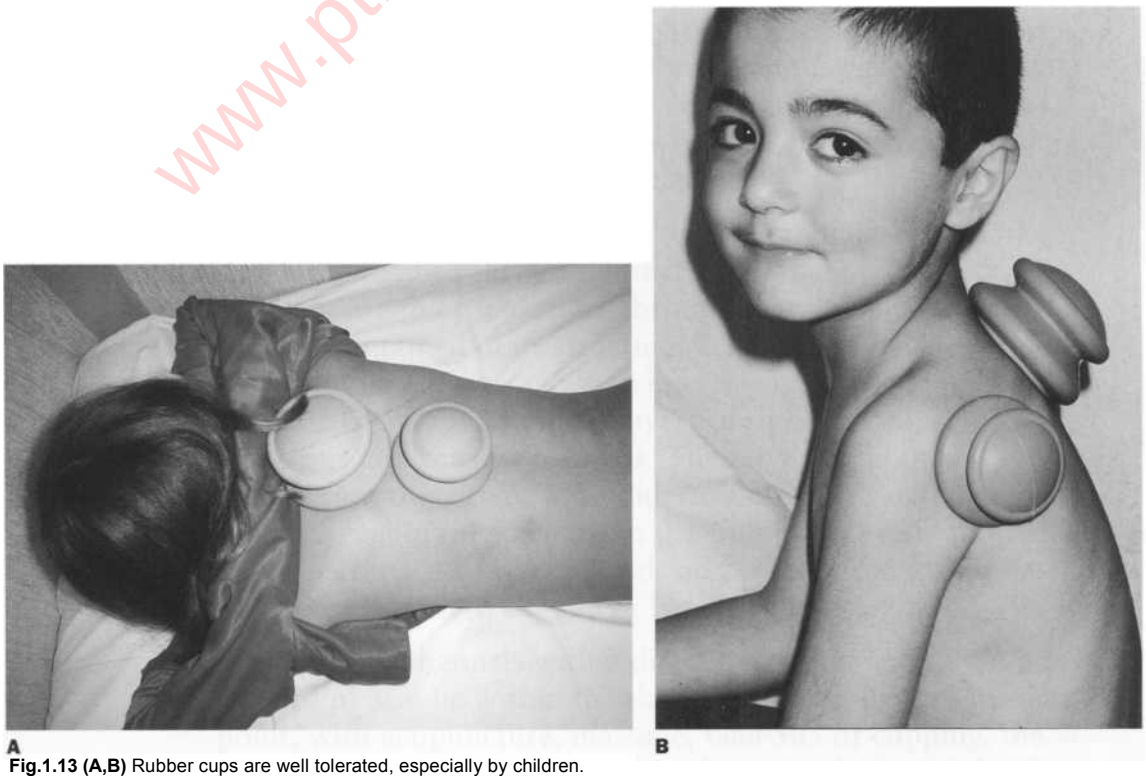

Fig.1.13 (A,B) Rubber cups are well tolerated, especially by children.

The smooth surface of the mouth of the rubber cup makes it ideal for the Moving cupping technique, as well as on the face, stomach, legs and other tender parts of the body. The cups are manufactured in Poland and usually sold as a set of four (Fig.l.l3B).

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Chapter 2

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Benefits of Cupping Therapy

Before listing the benefits of cupping therapy, let us take a closer look at the skin and its relation to the internal organs, the lymphatic and the immune system, and at terminology as seen in Traditional Chinese Medicine, such as Blood, Qi and Wei-Qi phenomena, stagnation, bloodletting, Gua Sha and cupping.

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Skin

Any topical stimulus destined to influence and manipulate internal or external organs must start at skin level. The skin is our largest organ, containing fluid, blood, blood vessels, connective tissue, muscle and rich nerve supplies. Our body's first direct contact with the outside world is through the skin. It is also true to say that the skin is the mirror of our health: in good health the skin is shiny, tight and has a smooth texture. It responds to changes in temperature and is generally warm when touched. When the body is unhealthy, however, a dull, rather lifeless skin appearance is evident, with little natural colour and often cold to the touch.

As well as protecting the body from external pathogens, the skin has a major role in a number of body functions. It is the main organ of sensation, through many millions of nerve endings contained in its structure. A rich network of blood vessels and glands provides an effective means of temperature control. There are two main layers of the skin proper: the outer epidermis and the inner dermis. The fatty subcutaneous region lies beneath these two. The epidermis is the cellular layer of the skin, varying in thickness from 0.1 mm in the eyelid to over 1 mm on the palms of the hands and soles of the feet. It has no nerves, connective tissue or blood vessels (Fig.2.1).

The main 14 channels with a direct link to the internal organs (Zang-Fu) also lie within the skin. In stimulating a particular point, with acupuncture, massage, Gua Sha or cupping, the objective remains the same: through manipulation of the skin

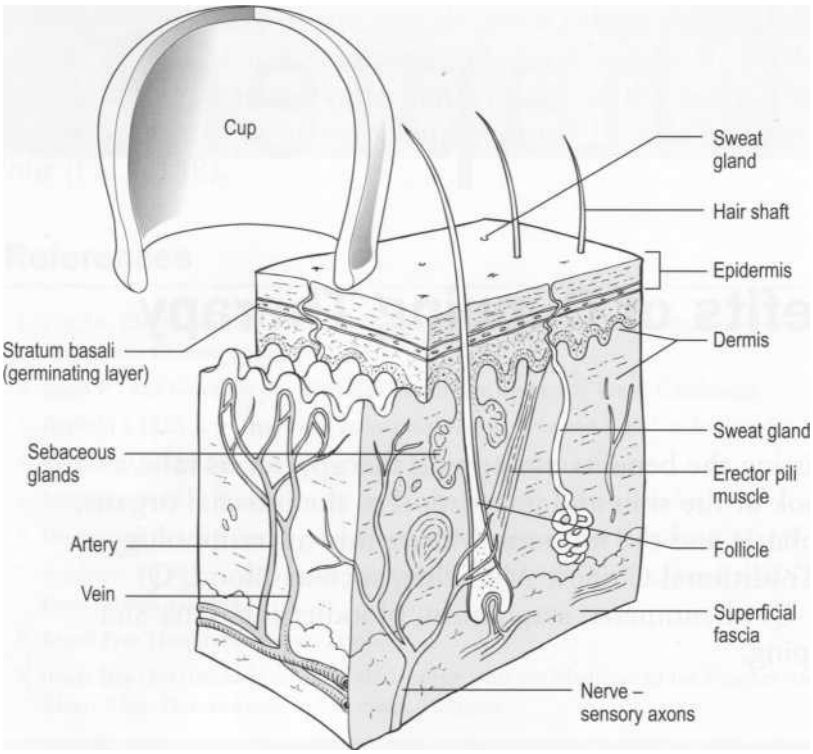

Fig.2.1 Section of skin with cupping application.

to influence and change a particular organ's Blood and Qi. If we look at this through the perspective of Western medicine, it is the blood vessels, veins, arteries, the nervous system and connective tissue, and through this network, each cell in a particular area, that are responsible for the above. However, from the Traditional Chinese Medicine (TCM) point of view it is the responsibility of channels, collaterals, Blood and Qi. According to TCM, the skin is influenced by and under the direct control of the Lungs. When the Lung's energy is in abundance the skin is nourished, glows and performs well, and hair and nails all receive nourishment and look healthy. Lungs spread the Qi and Fluids all over the body through the skin. Therefore, skin moisture is also dependent on healthy lungs. Each Zang-Fu organ is represented by a channel on the skin, therefore, a connection, or an open door, mediates with external pathogens via the skin (Figs 2.2-2.15).

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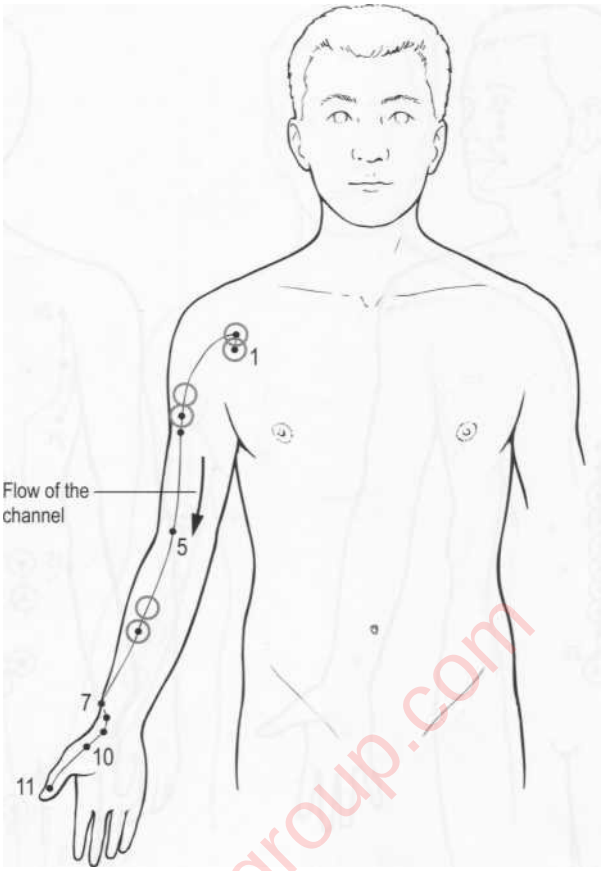

Fig.2.2 Course of the Lung (LU) channel. Conditions of the chest, nasal and fluid. Moving cupping or Gua Sha on the channel can be employed.

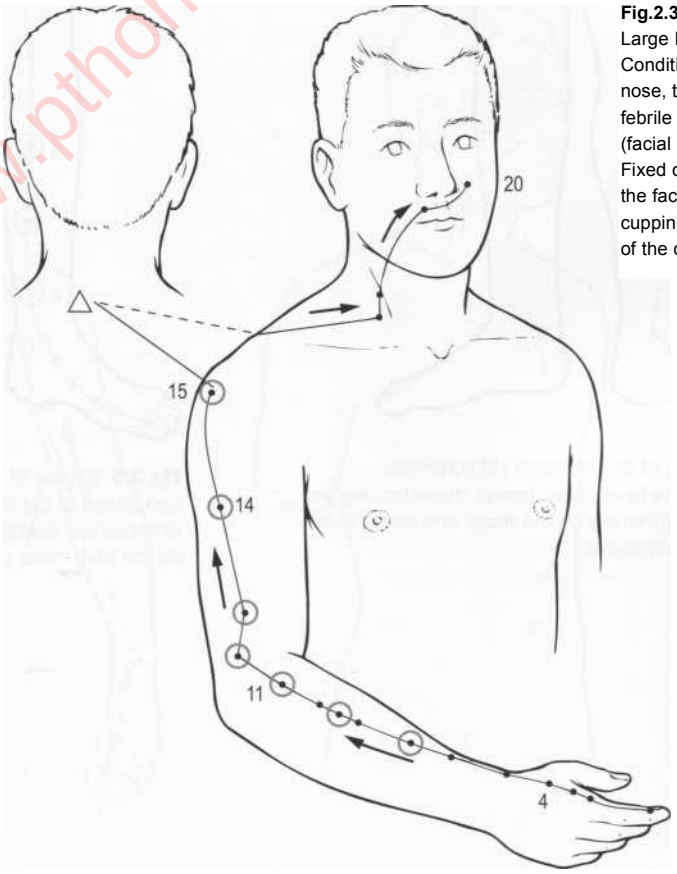

Fig.2.3 Course of the Large Intestine (LI) channel. Conditions of the head, nose, throat, intestines, febrile diseases and face (facial paralysis).
Fixed cupping therapy on the facial points and Moving cupping or Gua Sha to the rest of the channel can be applied.

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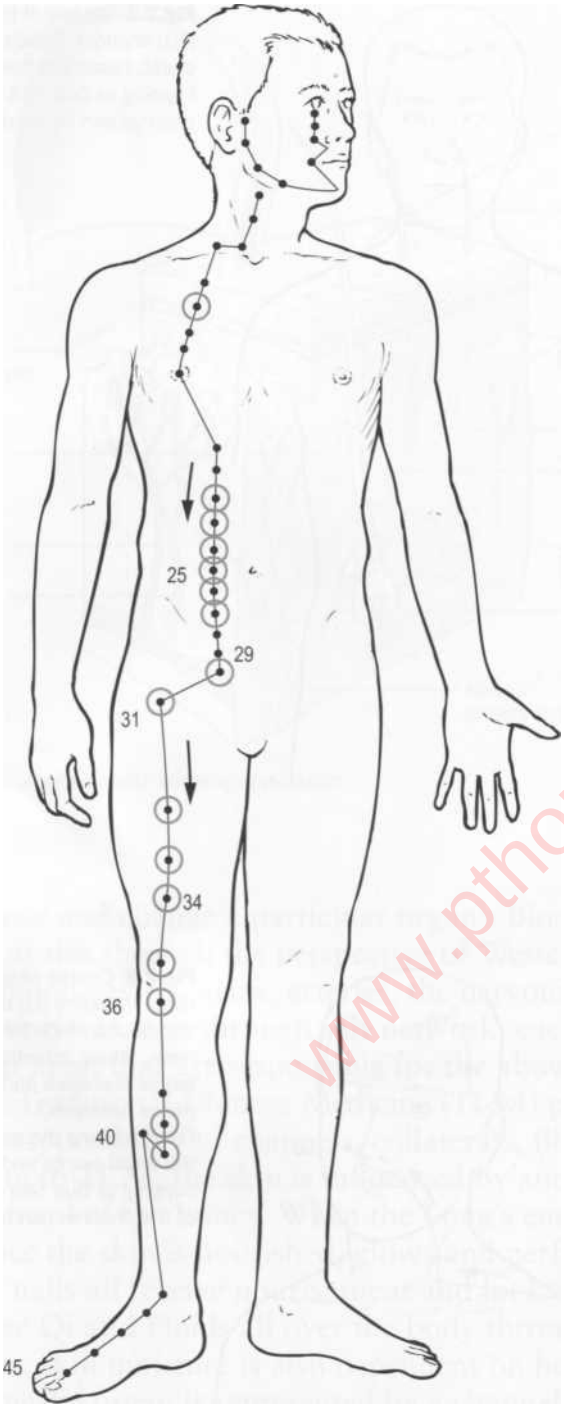

Fig.2.4 Course of the Stomach (ST) channel. Conditions of the head, face, throat, digestion, leg and energy. Cupping therapy on the facial and abdominal points can be employed.

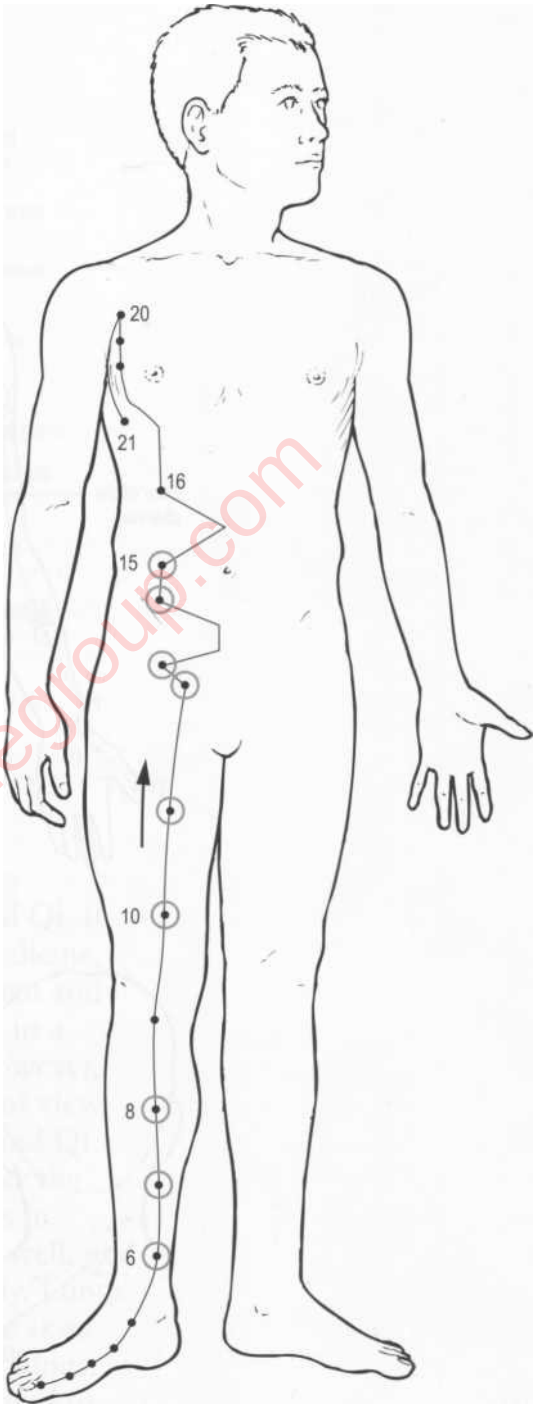

Fig.2.5 Course of the Spleen (SP) channel. Conditions of the stomach, spleen, intestines, lower extremeties, energy and urogenital. Cupping therapy on the abdominal points can be employed.

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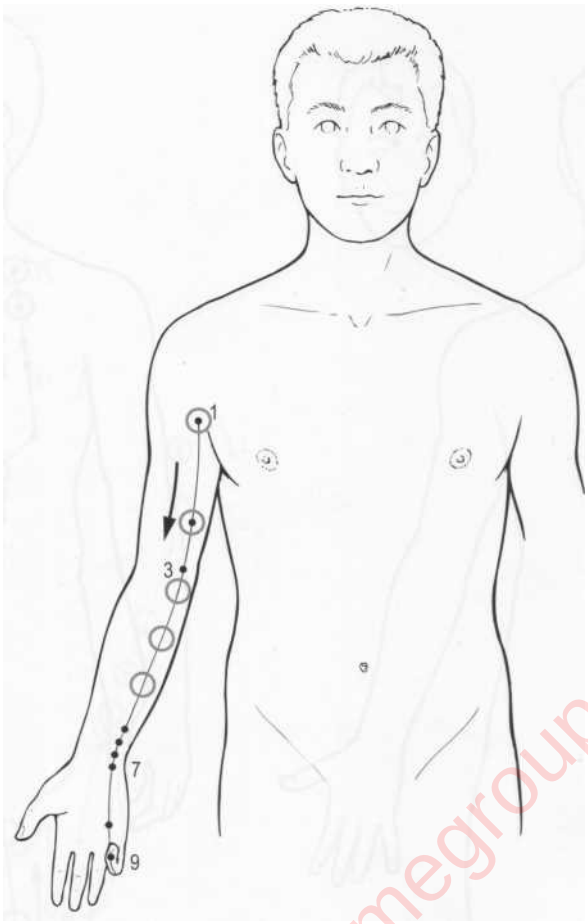

Fig.2.6 Course of the Heart (HT) channel. Conditions of the chest, heart, emotions and sleep.

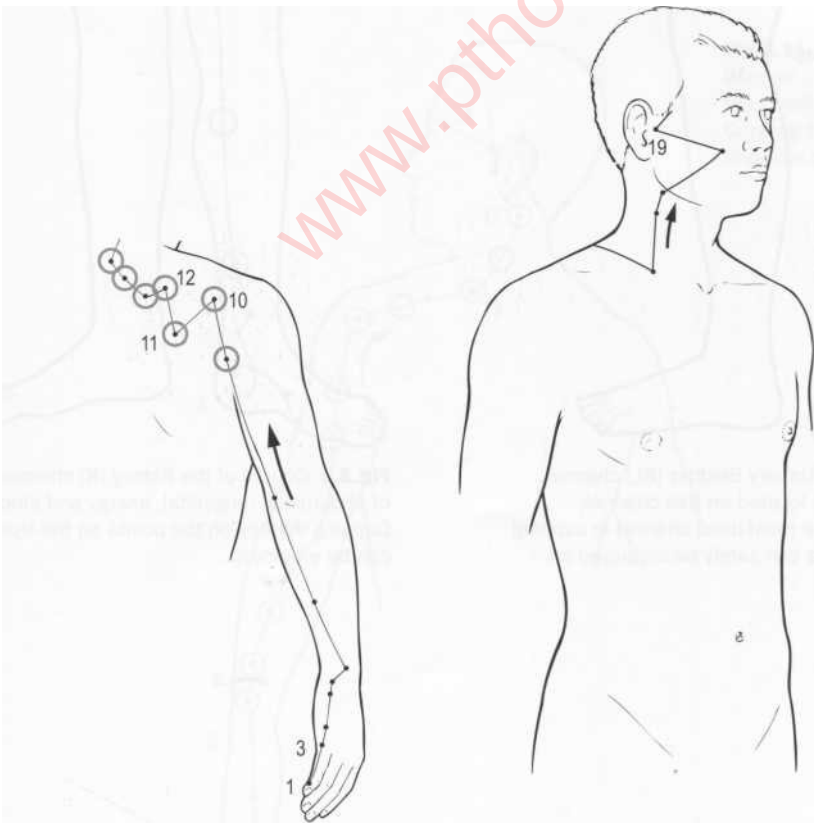

Fig.2.7 Course of the Small Intestine (SI) channel. Conditions of the head, neck, shoulders, eyes and emotional nature. Cupping therapy on the facial and shoulder points is applicable.

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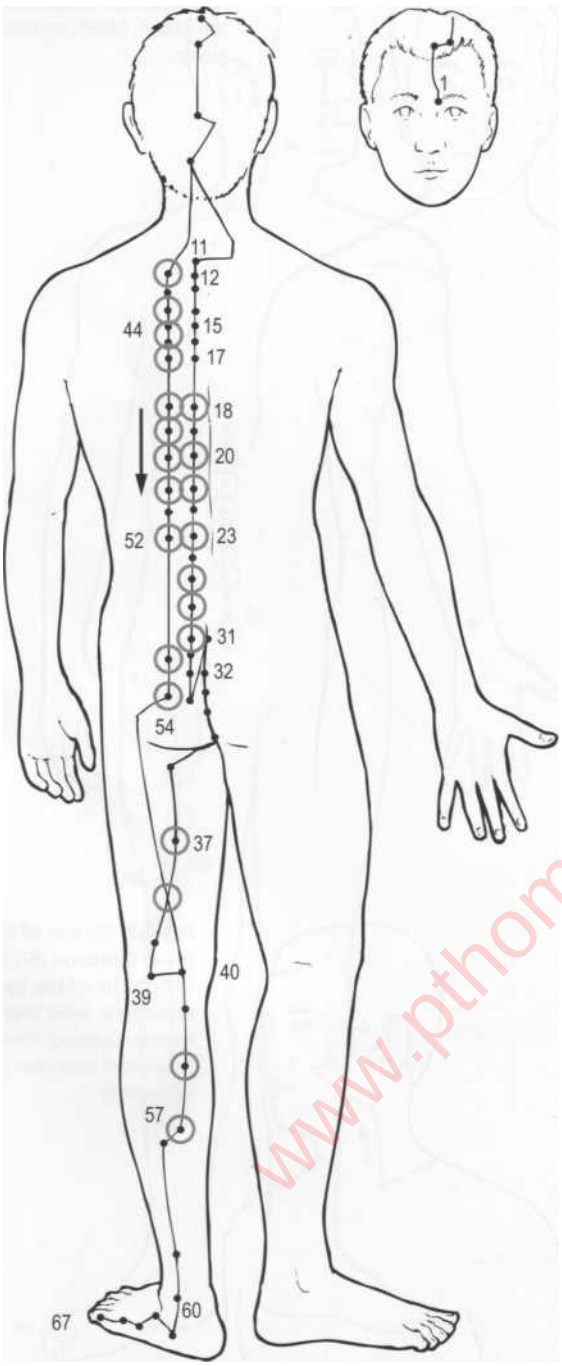

Fig.2.8 Course of the Urinary Bladder (BL) channel. All Back-Shu points are located on this channel; consequently, this is the most-used channel in cupping therapy. All 10 methods can safely be employed on this channel.

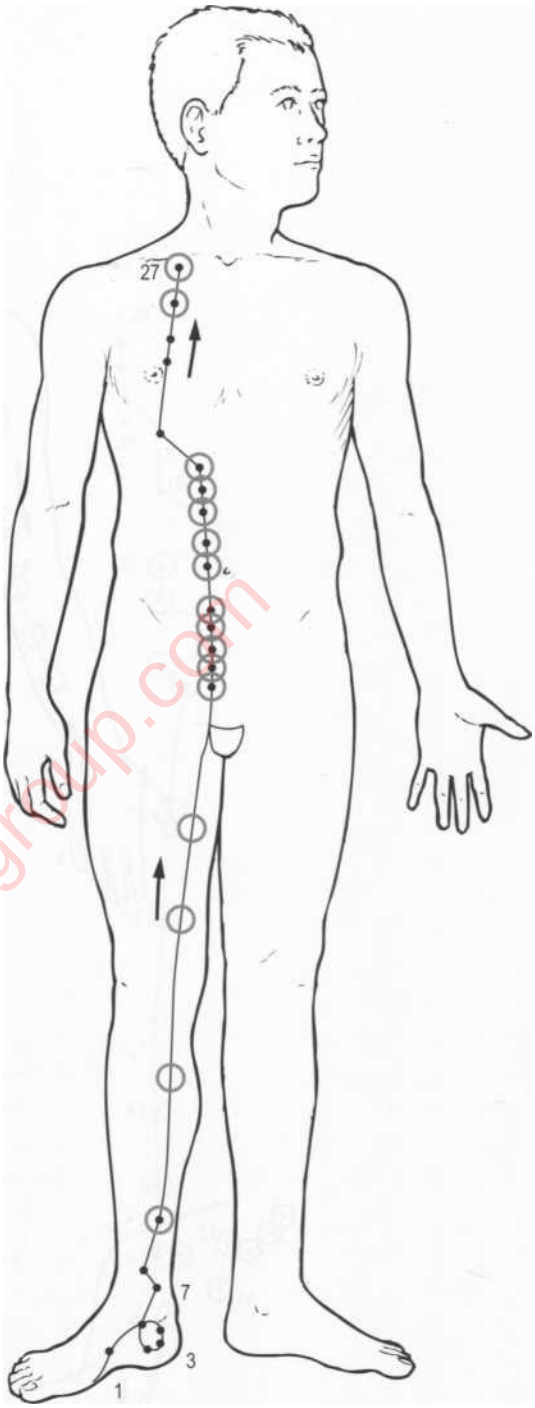

Fig.2.9 Course of the Kidney (K) channel. Conditions of abdominal, urogenital, energy and emotional origin. Cupping therapy on the points on the trunk and leg can be employed.

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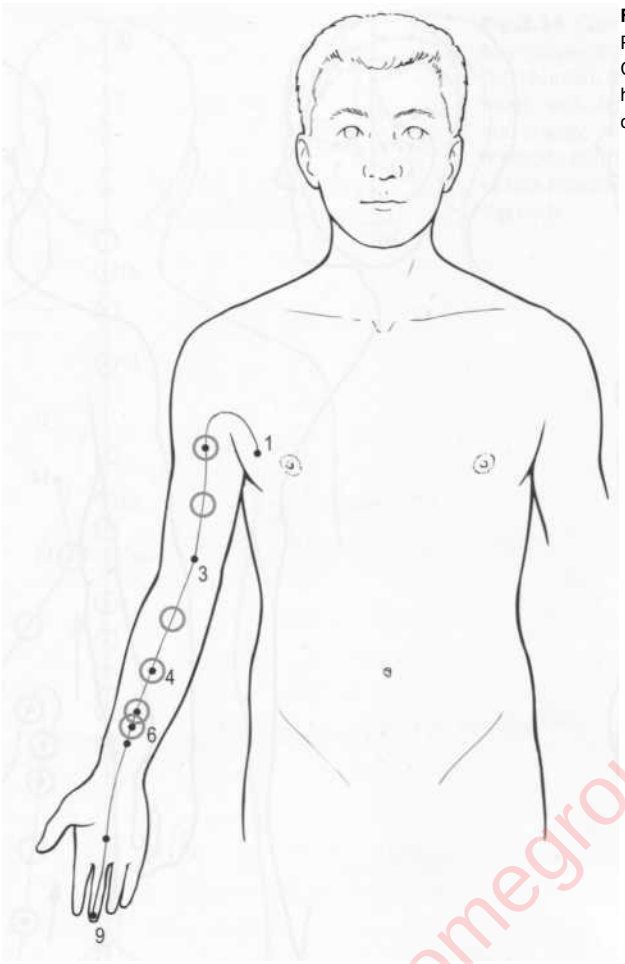

Fig.2.10 Course of the Pericardium (P) channel. Conditions of the chest, heart, nausea and emotional complaints.

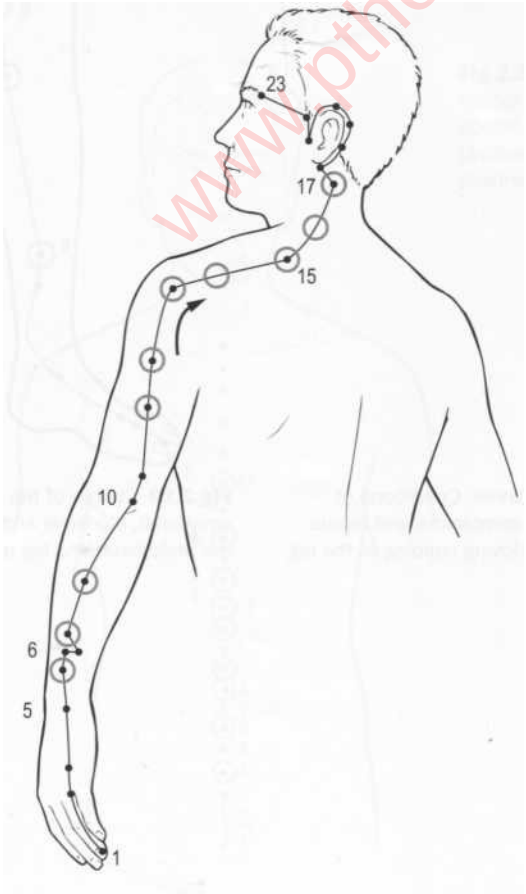

Fig.2.11 Course of the San Jiao (Triple Warmer - SJ or TW) channel. Conditions of the chest, ear, eye, throat and shoulders. Cupping therapy to the upper arm and shoulder points can be employed.

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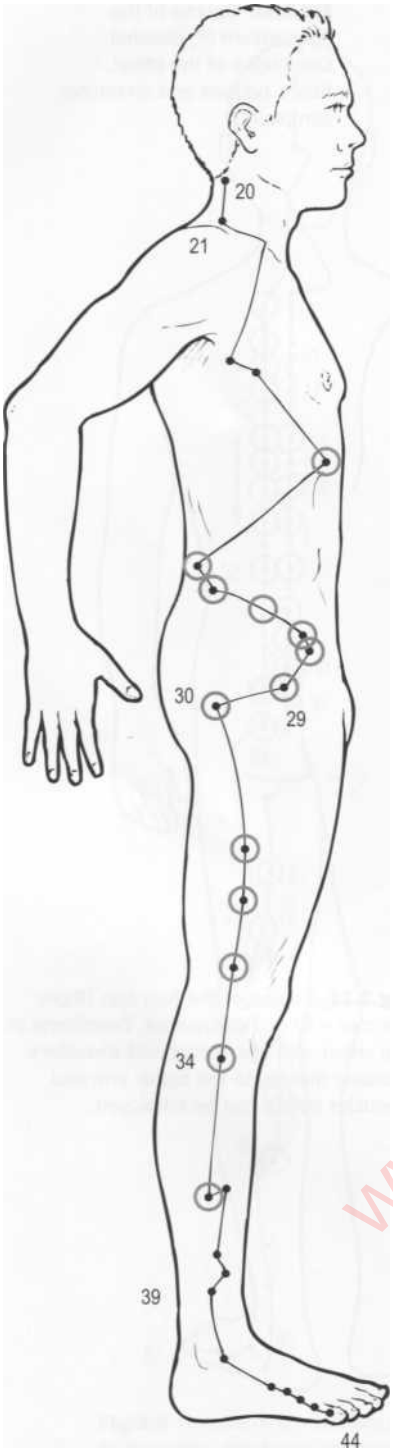

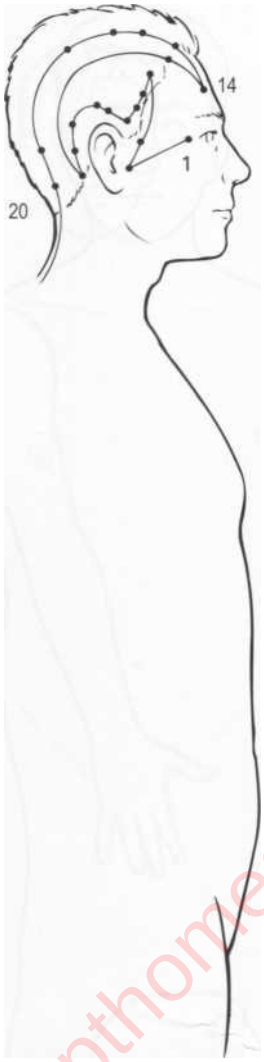

Fig.2.12 Course of the Gall Bladder (GB) channel. Conditions of the head, i.e. migraine, eye, chest, muscular complaints and febrile diseases. Cupping therapy to the trunk and Moving cupping to the leg points can be employed.

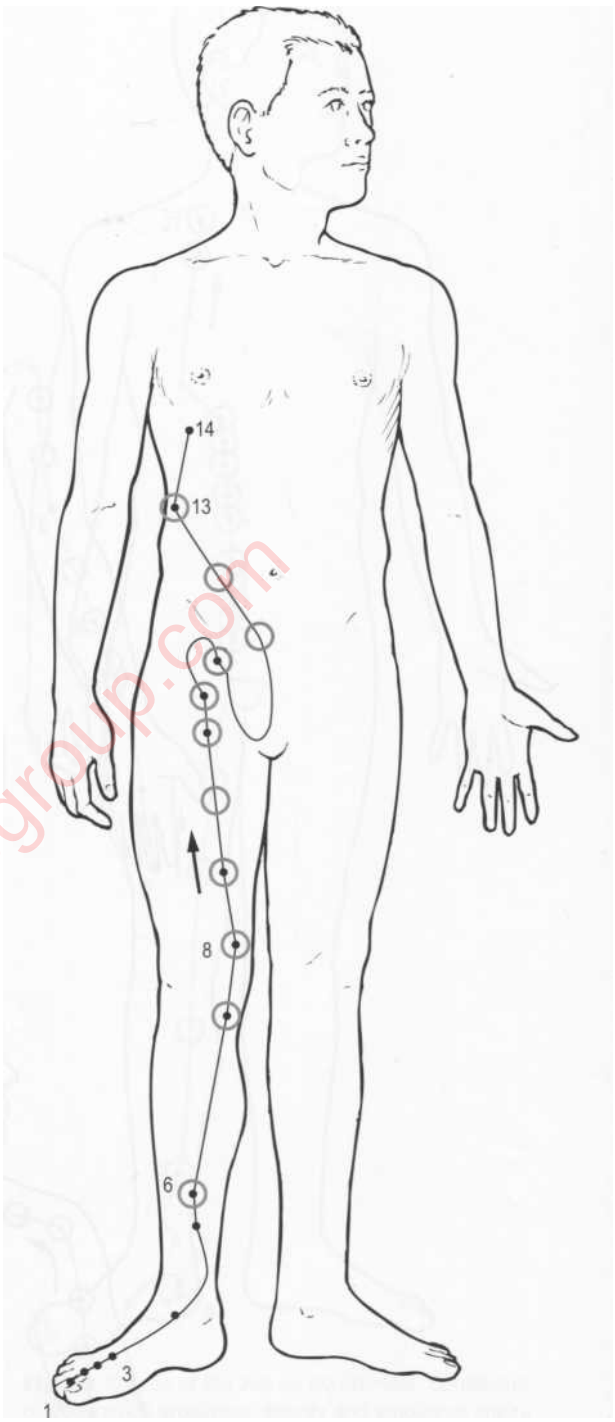

Fig.2.13 Course of the Liver (Liv) channel. Conditions of mental, emotional, digestive and urogenital systems. Cupping therapy on the abdominal and leg points can be employed.

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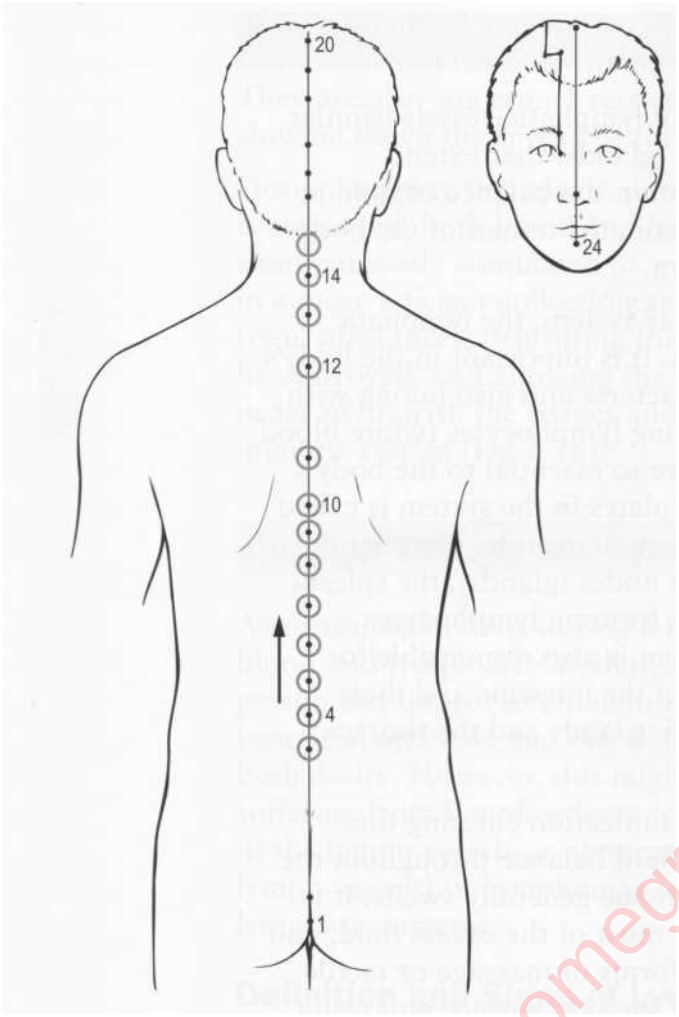

Fig.2.14 Course of the DU Mai (Governing Vessel - DU or GV) channel. Conditions of the head, neck, febrile diseases and energy. All 10 cupping methods can safely be applied to this channel, on the trunk of the body.

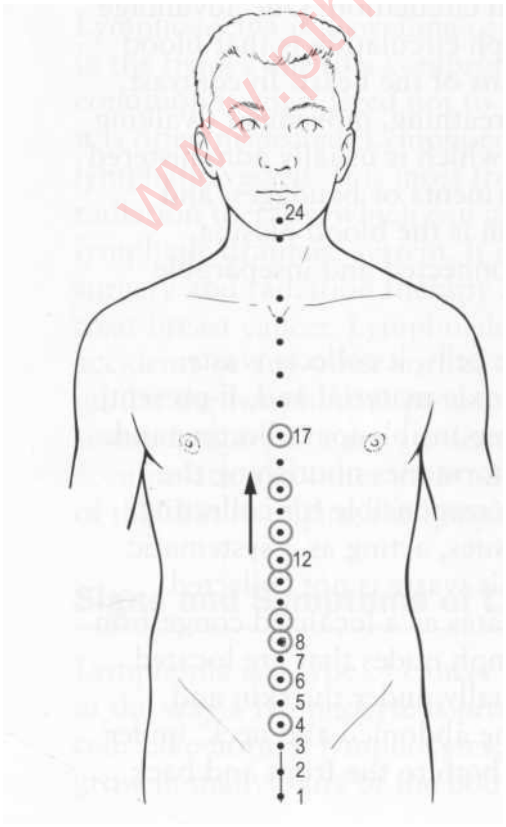

Fig.2.15 Course of the Ren Mai (Conception Vessel - Ren or CV) channel. Conditions of abdomen, digestive, urogenital and energy. Limited cupping methods can be applied on this channel.

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Lymphatic System

The lymphatic system is made up of lymphatic vessels (similar to blood vessels) and lymph nodes (glands) that extend throughout the body. It helps maintain the balance of fluid in the body by draining excess fluid from the tissues of the body and returning it to the blood system.

Closely related to the cardiovascular system, the lymphatic system has several major functions. It is important in the body's defence mechanism, filtering out bacteria and also (along with the spleen) producing disease-fighting lymphocytes (white blood cells), generating antibodies that are so essential to the body's immune system. The fluid that circulates in the system is called lymph. In addition to lymph, the system includes lymphatic capillaries and large vessels, lymph nodes (glands), the spleen, the tonsils and the thymus. Besides forming lymphocytes and antibodies, the lymphatic system is also responsible for the collection of fatty globules from the intestine and their transmission through the mesenteric glands and the thoracic duct into the bloodstream.

The lymphatic system also prevents infection entering the bloodstream. It also preserves the fluid balance throughout the body. After an injury, the affected tissue generally swells. It is the lymphatic system that removes most of the excess fluid, and then returns it for circulation. All forms of massage or tactile therapy that involve stimulation of the skin surface will result in improvement of blood and lymph circulation. One advantage that blood circulation has over lymph circulation is that blood is pumped around the body by means of the heart. In contrast, the circulation of lymph relies on breathing, movement (walking or exercising) or external pressure, which is usually administered by various types of compression garments or bandages, and gravity. Since the origin of the lymph is the blood plasma, the two fluids are very much interconnected and inseparable physiologically.

As the lymph circulates between the cells, it collects waste matter including dead blood cells, toxic material and, if present, some cancer cells. While blood is responsible for collecting and distributing oxygen, nutrients and hormones nourishing the entire body, the lymphatic system is responsible for collecting and removing waste products in tissues, acting as a systematic garbage collection service! When this waste is not collected adequately or effectively, it congregates as a localized congestion. Waste-laden lymph is filtered by lymph nodes that are located throughout the body, some superficially under the skin and others situated deeper in tissue in the abdomen and neck, under the arms and the intercostal spaces both to the front and back

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of the rib cage. The function of these lymph nodes is to remove some fluid and toxic matter as well as killing many pathogens. They are also sometimes responsible for trapping cancerous cells, slowing down the spread of the disease.

During cupping therapy, in particular when 'moving cupping' is employed, both blood and lymph circulatory systems are simultaneously stimulated to work more efficiently. This results in a more efficient collection and transportation mechanism for toxic substances, depositing them into the lymphatic system to be destroyed, and allowing the circulation of fresh lymph in order to nourish the tissues and generate a booster to the immune system (Fig.2.16).

Cupping Therapy and Lymphatic Drainage

As mentioned above, during a normal course of cupping therapy blood and lymph are simultaneously activated. In a healthy person this improved circulation of the cardiovascular system is a beneficial outcome and one that the practitioner and the patient both desire. However, this might not be the case with patients suffering from lymphoedema (swelling caused by obstruction of the lymph vessels or abnormalities in the development of lymph vessels) or lymphomas (cancers that occur from within the lymphatic system).

Definition and Signs of Lymphoedema

Fymphoedema is a swelling caused by a build-up of lymph fluid in the tissues due to a compromised lymphatic system. This condition is considered not to be a serious health problem and it is often neglected. Lymphoedema is caused by injury to the lymphatic vessels. It is most frequently seen after surgery or radiation therapy, which can cause unintended damage to the lymphatic drainage system. It is especially common after surgery and radiation therapy are used in combination to treat breast cancer. Lymphoedema can also be associated with accidents or any other sort of disease or problem that can inhibit the lymph from proper function. Symptoms include severe fatigue, a heavy swollen limb or localized fluid accumulation in other areas, deformity, and decolourization of the skin overlying the lymphoedema.

Signs and Symptoms of Lymphoma

Lymphoma is a type of cancer that occurs when there is a fault in the way a lymphocyte is produced, resulting in an abnormal cell. Like normal lymphocytes, the cancerous lymphocytes can grow in many parts of the body, including the lymph nodes,

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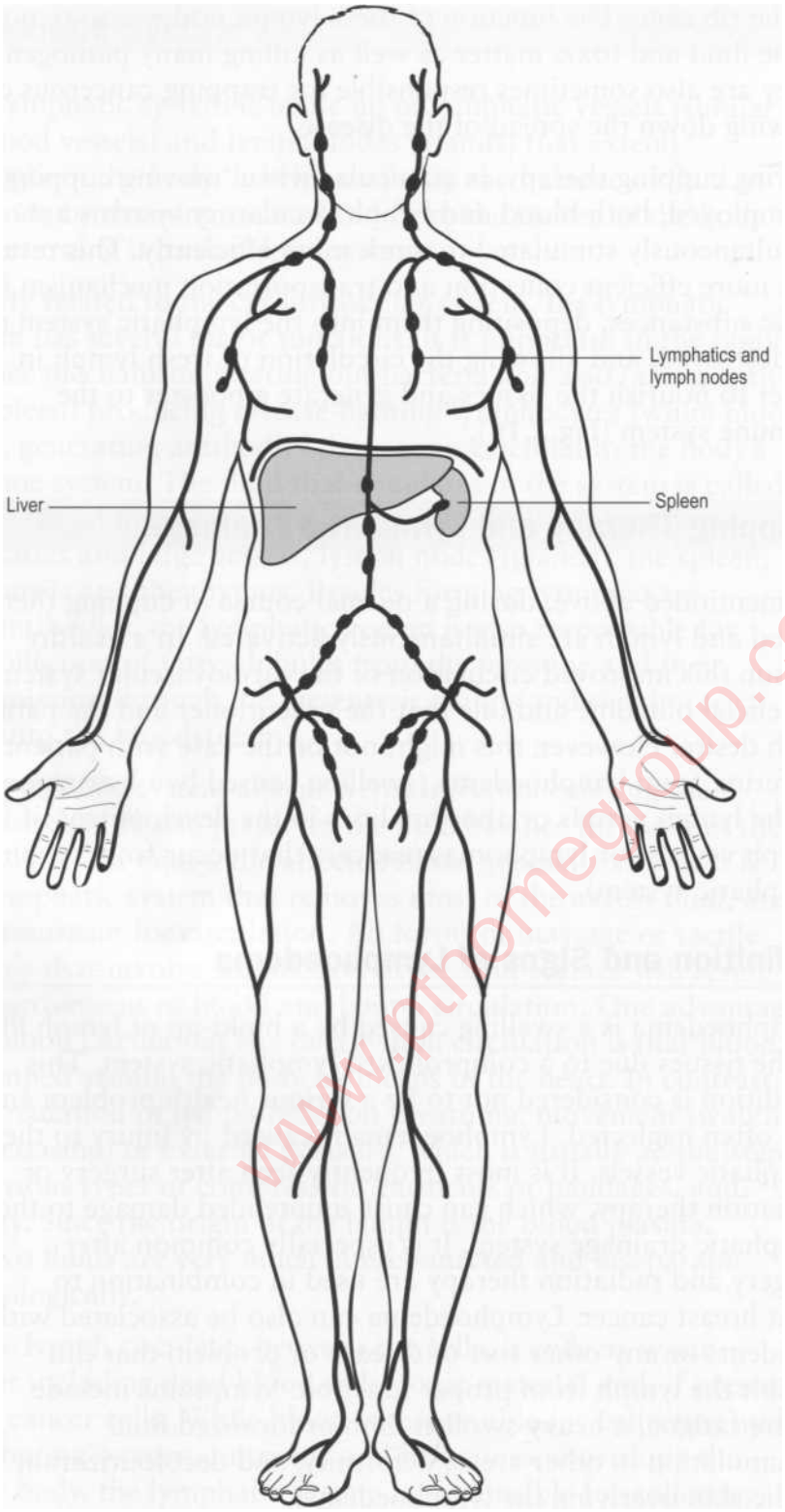

Fig.2.16 The lymphatic system.

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spleen, bone marrow, blood or other organs. There are two main types of cancer of the lymphatic system: Hodgkin's disease and non-Hodgkin's lymphoma. A painless swelling in the neck, groin or axilla (armpit) may have been a reason for a visit to the practitioner. Other symptoms may accompany the swelling, such as fevers, night sweats, tiredness, weight loss, itching and, sometimes, pain after consuming alcohol. A lymphoma can occur in any part of the lymphatic system or outside it. Metastasis (spread of the cancer) can be within the lymphatic system or outside it.

Lymphatic Drainage Employing Cupping Therapy

See Chapter 11.

Blood

'A kind of material transformed from the essence of food produced through functional activity of Qi, which circulates through the blood vessels and nourishes the body tissue.'[1]

Whenever Blood is mentioned throughout this book, it is within the context of TCM teaching, i.e. that the Blood is derived from Food and Qi and produced by the Spleen.

Fike the skin, Blood has a different role to play in TCM from that of Western medicine. One of the most important characteristics of the Blood in TCM is that it contains Qi (energy). Qi is the locomotive of Blood. 'Blood is inseparable from Qi itself, Qi infuses life into Blood; without Qi, Blood would be an inert fluid.'[2] Where Qi moves, Blood also moves, and vice versa; where Blood moves, Qi follows. When compared, Blood is Yin where Qi is Yang. Blood circulates in blood vessels as well as in the channels and collaterals. Fiver, Heart and Spleen have a special relationship with Blood. Fiver stores the Blood and is also responsible for the smooth flow of Qi within the organs. Heart governs and harmonizes the smooth flow of Blood and blood vessels. Spleen's responsibility is to rejuvenate Blood as well as control and keep the Blood within the vessels.

Blood Stagnation-stasis

Blood Stagnation, Blood Stasis and Blood Congealing all describe the same disorder. For some reason Blood is obstructed and is not *moving freely* within the organs or blood vessels, causing discomfort. The most distinct symptom of Blood stasis is pain with a fixed, sharp or stabbing character. This type of pain can be felt deep in the internal organs or quite superficially at the muscular and skin level.

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Blood Test Results Following Cupping Therapy

For many years I have searched for academic papers that will show me 'scientific proof' of cupping therapy and its effect upon blood and body fluids. At the time of writing no such work has been published, although its efficacy is apparent through the work of many practitioners. I therefore decided to undertake a limited trial myself (6 patients over a 14-day period). This involved patients with various complaints/conditions and a biochemist with modern laboratory facilities. Once I raised the necessary funding (through friends and relatives) I undertook this trial with an unbiased 'open mind' approach. The biochemist enquired, 'What kind of changes do you expect or are looking for?' My reply was quite unscientific: 'I do not know. You have to let me know when your results are ready!'

I was, however, asking for three sets of results from a complete blood analysis from specimens taken: 1) before the cupping treatment commenced; 2) after 7 days (halfway through the treatment); and finally, 3) following the last cupping treatment carried out on the 15th day of the trial. Because of limited funds and my timescale on the island where the research was done (North Cyprus), I could not embark on a trial that would last many months and involve large numbers of people. I therefore decided to commence and complete the trial within a 2-week period, involving only six patients with various disorders. Some of the patients were referred to me by the biochemist with existing (known to him) pathological conditions; some were relatives or friends complaining of various ailments.

At the end of each full blood count, 22 different values were recorded but only 7 of these were monitored, as the rest were considered irrelevant to our trial or did not show any changes at all. The seven values were: uric acid, erythrocyte sedimentation rate (ESR), Ph, rheumatoid factor (RF), white blood count (WBC), red blood count (RBC) and haemoglobin (Hgb).

Outcome of the Trial

With almost all the patients involved in this trial there were small fluctuations in their WBC, RBC, uric acid, RF, Ph and Hgb. There was, however, with almost every case, one major alteration, and that was the reduction in the ESR levels. This reduction in the ESR levels was by far the most significant outcome of this trial. According to the biochemist (with 15 years of experience) he has 'never witnessed such a drastic reduction in such a short time, even with patients on strong medications'. During this trial the highest drop in ESR level recorded was 175%; the lowest drop recorded was 15%.

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What is Erythrocyte Sedimentation Rate (ESR)?

ESR blood test is an easy, inexpensive, non-specific test that has been used for many years to help diagnose conditions associated with acute and chronic inflammations, including infections, cancers and autoimmune diseases. ESR is said to be non-specific because increases do not tell the doctor exactly where the inflammation is in your body or what is causing it; it is often used in conjunction with other tests. ESR is helpful in diagnosing two specific inflammatory diseases, temporal arteritis *and* polymyalgia rheumatica. *A high ESR is one of the main test results used to confirm the diagnosis. It is also used to monitor disease activity and response to therapy in both of these diseases. Moderately elevated ESR occurs with* inflammation, *but also with* anaemia, infection, pregnancy, *and* old age. A rising ESR can mean an increase in inflammation or poor response to a therapy; decreasing ESR can mean a good response.
Source: Lab Tests Online, *a public resource on clinical laboratory testing.*

According to the above, a drop in the ESR level is indicative of a *positive* response to therapy and the opposite is true when the ESR level is on the increase. Although my study shows a clear picture of *reduction* in ESR levels, it is by far too small a trial to claim a major find. I therefore urge colleagues and doctors, in particular the immunologists, to undertake further investigation on this subject.

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Treatment

Treatment protocol: Cupping therapy
Duration of the trial: 15 days (every other day, except weekends)
Patients: Six (5 female and 1 male)
Age group: 26-69 years
Place: North Cyprus
Date: First test 3 January 2004; final test 16 January 2004
Biochemist: Mr Metin Erduran (Biochemist specialist), Girne, North Cyprus

CASE STUDY 1: Patient O.G.

Female patient
Age 42
Complaints/symptoms Tennis elbow (pain and restricted movement of the arm for 2 years). No medication.

Pulse No significant signs.

Tongue Normal appearance.

Treatment Protocol Medium to Strong cupping on the local points. Moving cupping on the inside and outside of the arm.

Prognosis 50% pain reduction with 80% more movement was reported by the patient.

- ESR 1 hr: from 11 mm/h to 8 mm/h. Reduction of 27%
- ESR 2 hr: from 28 mm/h to 16 mm/h. Reduction of 43%

CASE STUDY 2: Patient M.B.

Male patient

Age 54

Complaints/symptoms He has been suffering from constant upper back and chest (ribs) pain. Ten years ago he was diagnosed with rheumatoid arthritis. He is on maximum pain tablets.

Pulse Liver pulse, strong and slippery.

Tongue Purple-red body and slightly swollen.

TCM Diagnosis Blood and Liver Qi stagnation.

Treatment Protocol Medium to Strong cupping on BL-11 and BL-17. Light to Medium cupping on the local chest points.

Prognosis At the end of the course he noticed considerable pain reduction in the mornings, but still painful towards the end of the day.

- ESR 1 hr: from 8 mm/h to 5 mm/h. Reduction of 38%
- ESR 2 hr: from 22 mm/h to11 mm/h. Reduction of 50%

CASE STUDY 3: Patient P. Y.

Female patient

Age 69

Complaints/symptoms Right knee pain for 4 years, slightly swollen, pain worse when walking.

Pulse Very fine and thready.

Tongue Dry with red body.

TCM Diagnosis Yin Xu with Hot Bi Syndrome.

Treatment Protocol Medium to Strong cupping

Prognosis Patient reported 50% reduction of her symptoms.

- ESR 1 hr: from 22 mm/h to11 mm/h. Reduction of 50%
- ESR 2 hr: from 45 mm/h to21 mm/h. Reduction of 53%

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CASE STUDY 4: Patient C.Y.

Female patient

Age 59

Complaints/symptoms Gets tired and out of breath on effort. Upper back and shoulder pain for 6 years.

Medical History She had an angioplasty due to an arterial blockage.

Medication Aspirin, atenolol and simvastatin.

Treatment Protocol Light to Medium cupping on LI-15, GB-21, BL-11, BL-15 and BL-17.

Prognosis Patient reported 60% reduction in her symptoms.

- ESR 1 hr: from 16 mm/h to 8 mm/h. Reduction of 50%
- ESR 2 hr: from 44 mm/h to 16 mm/h. Reduction of 64%

CASE STUDY 5: Patient A.Y.

Female patient

Age 56

Complaints/symptoms She has been complaining of left shoulder and left shoulder blade pain for 14 months. She describes the pain as 'moving pain'.

Pulse Rapid and faint at all levels.

Tongue Pale, slightly swollen.

TCM Diagnosis Cold-Damp Bi Syndrome

Treatment Protocol Total of six treatments (every other day). Medium cupping method on LI-14, LI-15, SI-10, SI-11 and on the ashi points.

Treatment Time Starting from 10 minutes (first visit) and increasing to 20 minutes (last visit).

Prognosis Patient reported 40% reduction in her symptoms.

- ESR 1 hr: from 15 mm/h to 13 mm/h. Reduction of 13%
- ESR 2 hr: from 38 mm/h to 28 mm/h. Reduction of 26%

CASE STUDY 6: Patient S.A.

Female patient

Age 26

Complaints/symptoms Pain in the knees, shoulders and neck; also feeling tired most of the time. Symptoms have become worse in the last 6 months.

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Medical History She is diagnosed as anaemic. She has a 'normal period, but very painful the second day'. Her appetite is good. Her facial appearance is quite pale.

Medication She has been taking low-dose steroid tablets together with painkillers.

TCM Diagnosis Severe Blood and Qi Xu leading to exhaustion and pain.

Treatment Protocol Empty (flush) cupping on the entire back for 5 minutes only.

Prognosis Patient reported 30% reduction in her symptoms.

- ESR 1 hr: from 16 mm/h to 14 mm/h. Reduction of 13%
- ESR 2 hr: from 33 mm/h to 19 mm/h. Reduction of 42%

Table 2.1 provides full details of the blood test results for these six patients before, during and at the end of cupping.

Qi

Many people frequently ask the question: What is the true meaning of Qi? My understanding of Qi is the Life itself. It is the invisible force behind all happenings - like air and wind, immaterial yet with substance. When I travel in a car I often put my hand out of the window and feel the force of the wind, trying to hold it in my palm. It is so real, yet so immaterial and elusive.

'The energy of life', 'Vital force', 'Life force', 'Energy' all are Western attempts to describe the meaning of Qi, but there is no Western equivalent. Often we hear comments such as, 'Last week I was very ill and my energy level was so low that all I did was stay in bed. Today I feel better and more energetic and much stronger too.' In other words, we all experience the existence of Qi continuously.

Movement and heat signify Qi. Movement of any kind requires Qi, and often this is manifested as heat. Lack of energy, on the other hand, is signified by cold. In the clinical situation too, when a patient complains of cold a lack of energy often accompanies this symptom. It is an old Turkish custom that, when a chair is vacated it must be allowed to cool down before someone else takes it. There is a genuine concern and fear of catching another person's unknown or hidden illness through their body warmth left on the chair. When treating a disease which is in the Qi Level, according to the Four Levels of Differentiation of Syndromes, the external pathogen is still fighting at the skin level and the body's overall resistance is still

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Table 2.1 Full blood test results before, during and at the end of the cupping

Name	Test	Normal values	Pre-treatment	7 days	14 days	%Results
O.G.	Uric acid	2.5-6.00	2.8 mg/dl	2.8 mg/dl		
42 yrs old	ESR 1 hr	4.00-11.00	11 mm/h	8 mm/h		-27%
Female	ESR 2 hr	6.00-20.00	28 mm/h	16 mm/h		-43%
	WBC	4.5-10.5	7.8	8.5		8.97%+
	RBC	4.00-5.550	5.11	5.35		4.70%+
	Hgb	12.0-16.0	**11.2**	**11.2**		
	RF (latex)	<8 U/l	Negative	Negative		
	Ph	Acid	7.5	7.4		
M.B.	Uric acid	2.5-7.00	4.3 mg/dl	4.7 mg/dl	4.7 mg/dl	
54 yrs old	ESR 1 hr	4.00-11.00	8 mm/h	4 mm/h	5 mm/h	-38%
Male	ESR 2 hr	6.00-20.00	22 mm/h	10 mm/h	11 mm/h	-50%
	WBC	4.5-10.5	6.4	?	5	
	RBC	4.00-5.550	5.63	?	5.69	
	Hgb	12.0-16.0	14.3	15.3	14.6	
	RF (latex)	<8 U/l	128 U/l	128 U/l	128 U/L	
	Ph	Acid	7.4	7.4	7.5	
RY.	Uric acid	2.5-6.00	4.5 mg/dl	4.4 mg/dl	3.9 mg/dl	-13.33%
69 yrs old	ESR 1 hr	4.00-11.00	22 mm/h	11 mm/h	11 mm/h	-50%
Female	ESR 2 hr	6.00-20.00	45 mm/h	24 mm/h	21 mm/h	-53%
	WBC	4.5-10.5	4.3	3.8	3.7	-13.95%
	RBC	4.00-5.550	4.33	4.17	3.97	
	Hgb	12.0-16.0	13.8	12.9	**12.1**	-12.32%
	RF (latex)	<8 U/l	Negative	Negative	Negative	
	Ph	Acid	7.45	7.5	7.5	
C.Y.	Uric acid	2.5-6.00	6 mg/dl	5.9 mg/dl	5.9 mg/dl	
59 yrs old	ESR 1 hr	4.00-11.00	16 mm/h	8 mm/h	8 mm/h	-50%
Female	ESR 2 hr	6.00-20.00	44 mm/h	19 mm/h	16 mm/h	-64%
	WBC	4.5-10.5	6.5	6.5	6.6	
	RBC	4.00-5.550	5.95	5.95	5.82	
	Hgb	12.0-16.0	11.5	11.4	**10.8**	
	RF (latex)	<8 U/l	Negative	Negative	Negative	
	Ph	Acid	7.45	7.5	7.5	
A.Y.	Uric acid	2.5-6.00	3 mg/dl	3 mg/dl	3 mg/dl	
56 yrs old	ESR 1 hr	4.00-11.00	15 mm/h	14 mm/h	13 mm/h	-13%
Female	ESR 2 hr	6.00-20.00	38 mm/h	31 mm/h	28 mm/h	-26%
	WBC	4.5-10.5	6.5	7.3	5.8	
	RBC	4.00-5.550	5.39	5.6	5.75	
	Hgb	12.0-16.0	**11.2**	11.4	**11.2**	
	RF (latex)	<8 U/l	Negative	Negative	Negative	
	Ph	Acid	7.4	7.5	7.45	
S.A.	Uric acid	2.50-6.00	4.2 mg/dl	4.2 mg/dl	4 mg/dl	
26 yrs old	ESR 1 hr	4.00-11.00	16 mm/h	16 mm/h	14 mm/h	-13%
Female*	ESR 2 hr	6.00-20.00	33 mm/h	33 mm/h	19 mm/h	-42%
	WBC	4.5-10.5	5.1	5.1	3.7	-27.45°%
	RBC	4.00-5.550	4.95	4.95	4.83	
	Hgb	12.0-16.0	**11**	**11**	10.9	
	RF (latex)	<8 U/l	Negative	Negative	Negative	

ESR, erythrocyte sedimentation rate; Hgb, haemoglobin; RBC, red blood count; RF, rheumatoid factor, WBC, white blood count.

* This patient started treatment a week late, hence the pre-treatment and 7-day values are identical.

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good. Some of the clinical manifestations are a high fever, a cough with thin yellow phlegm, wheezing and thirst. Cupping treatment at this level is very effective. There are two major conditions associated with Qi: Qi Deficiency and Qi Stagnation. Within these two main categories there are subcategories (for more information, see *The Web that has no Weaver: Understanding Chinese Medicine,* Ted J. Kaptchuk, p. 38).

Qi deficiency symptoms are unexplained tiredness, breathlessness, speaking with a very low voice ('like an ant'), poor appetite and an Empty pulse. The clinical manifestations of Qi Stagnation are moving pain (wandering pain), feeling of distension (breast or stomach) emotional conditions such as depression, mood disorders or irritability, and a wiry or tight pulse.

Wei Qi

Wei Qi is the Protective/Defensive Qi that travels just under the skin. It forms the outermost defensive wall against all external pathogens, such as Wind, Cold, Damp and Eleat. Wei Qi also regulates the opening and closing of the pores of the skin, and is therefore in control of perspiration. It warms and nourishes the skin, its source is Blood and Qi, and it is governed by the Lungs. 'Wei Qi one type of Yang-Qi, the result of the digestion and absorption of food by the Spleen and Stomach, having the functions of protecting the integument and musculature against external pathogen, adjusting sweat secretion and nourishing the skin portion.' 'Failure of Wei Qi to protect the body against diseases: a morbid state marked by spontaneous sweating and aversion to wind, caused by deficiency of the superficial Qi, lowering the ability of the body to resist diseases, leading to the invasion of exopathic factors.'[3]

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Clinical manifestations at this level include fever with little or no sweating, occipital headache, stiff neck, thirst, sore throat, cough and a feeling of chill. Treating conditions at this level with cupping therapy is highly effective.

Stagnation

In TCM stagnation usually refers to congestion or accumulation through lack of movement - movement of any kind, i.e. Food, Fluids, Qi or Blood.

Stagnation of Food (food accumulation)

This pattern is often seen in children, where the parents are eager to feed the child with rich foods, sometimes with force.

Cold drinks and foods or irregular feeding habits can also cause accumulation problemsCfn adults food accumulation occurs with the consumption of rich and fatty foods, often eating before feeling hungry, and lack of exercise, in particular walking. Food stagnation syndrome is also prevalent in today's young generation, where eating out late, or ordering a fast food, take-away meal is considered to be a 'fashionable' thing instead of time-consuming home cooking! This impairs the Spleen's function of transformation and transportation. Clinical manifestations of food stagnation are restlessness, vomiting and the production of phlegm, diarrhoea, constipation, a hardened stomach and painful abdomen.

As far as Western medicine is concerned, the spleen is the largest single organ of the lymphatic system in the body. It is responsible for manufacturing cells of the immune system and for filtering from the bloodstream the old and damaged cells, as well as foreign matter, such as bacteria, which circulate through its rich network of blood vessels. For this reason when damage to the spleen's energy transpires through poor eating habits, the risk of compromising the immune system is a very real one.

Stagnation of Fluids

The Stomach is the origin of Body Fluids. Lung is responsible for regulating water circulation throughout the body (between Three Jiao). The lungs support the skin, which in its turn nourishes the kidney. The lungs also excrete about 500 cc of water, as vapour in the expired air, under average conditions in a day. Under similar conditions the skin loses about 1000 cc as perspiration.

Fluids are the necessary Yin substance in the Stomach that helps it carry out the proper digestion process. When this process is impaired by Cold and Heat pathogens, or too many raw foods, this in turn damages the Spleen's functions. Clinical manifestations of fluid stagnation are very similar to those of food stagnation, with the exception of fluids accumulating in the extremities, i.e. the hands and feet. Fluid build-up is also likely when the lymphatic system is overloaded or damaged (by operation, radiation or accident) and in elderly people who might suffer from heart or kidney Qi deficiency.

Qi Stagnation

This is the failure of Qi to flow smoothly throughout the body. The main clinical manifestations are a feeling of distension, distending pain that moves from place to place, abdominal masses that appear and disappear, mental depression, irritability, a gloomy feeling, mood swings, frequent sighing, a wiry or tight pulse and a slightly purple tongue. This condition is very

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apparent during the menstrual cycle, where the Liver Qi is often impaired. Mental depression and associated conditions also come under Qi stagnation syndrome (see Chapter 11). One way of dealing with Qi stagnation is to administer 'channel cupping' as described in the channel illustrations.

Stagnation of Blood and Blood Stasis

See section on Blood, above.

Bloodletting

Lor the history of bloodletting (cupping), see Chapter 1.

Gua Sha

Professor Wong Lun of the School of Traditional Chinese Medicine in Melbourne, Australia, who was my first Chinese Medicine Teacher, was a great believer in and practitioner of both cupping and Gua Sha. Like cupping, very few practitioners use Gua Sha, and this includes the Chinese doctors in China. The only comprehensive study to date is the work of Arya Nielsen.[4] Gua Sha is a technique very similar to cupping, inasmuch as it creates a deliberate hyperthermia in order to bring the Heat and Wind pathogens to the surface. Nielsen explains that 'Gua means to scrape or scratch', and Sha is 'cholera, heat, skin rash'. 'The technique of Gua Sha intentionally brings the Sha rash to the surface. By expressing the rash that marks the crisis of the Sha Syndrome, Sha-evil is eliminated and the Sha Syndrome resolved.'

Gua Sha is used where pain, heat and stagnation are present. The treatment itself is very simple and pain free in practised hands. However, in untrained hands it can be rather uncomfortable and sometimes painful, especially when used on the bony parts of the body and on rather thinly built patients.

Traditionally, a porcelain Chinese soup spoon is used to scrape the skin (Lig.2.17). Before scraping the desired area, oil or talcum powder must be applied to facilitate smooth rubbing. Long, gentle strokes are applied until bruising appears on the skin. The colour of the rash and the time it takes to appear guide the practitioner. One of my favourite conditions to treat with Gua Sha is a muscular 'Bi', and 'plum stone throat' syndromes. Lor long-standing muscular pains that also bring about stagnation of Qi and Blood, Gua Sha is extremely effective in releasing the stagnation and restoring the flow of Blood and Qi to the area. Lor the treatment of 'plum stone throat' syndrome, which appears in extreme emotional conditions, the sternum is Gua Shaed from the top to the end of the xiphoid process, using gentle, even strokes as this area is very bony and rubbing can be

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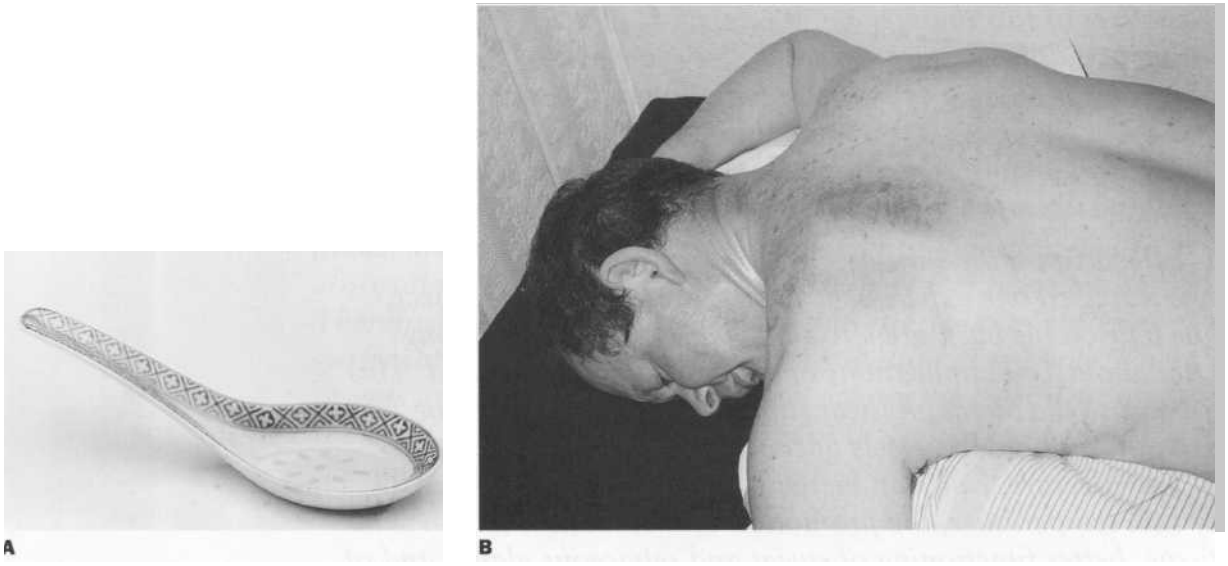

Fig.2.17 (A) Gua Sha. Use of the traditional porcelain soup spoon during Gua Sha. **(B)** Following the Gua Sha treatment, a cupping mark (Sha) appears.

painful. As a diagnostic tool in people with long-term emotional problems, i.e. Liver-Qi Stagnation, palpating this area can also be painful. To Gua Sha this region releases the Chest stagnation and opens the Heart. For muscular pain in the arms, legs and neck, where cupping can be difficult, Gua Sha is very effective, especially to the upper neck, where cupping is almost impossible.

Cupping

Cupping regulates the flow of Qi and Blood. It helps to draw out and eliminate pathogenic factors such as Wind, Cold, Damp and Heat. Cupping also moves Qi and Blood and opens the pores of the skin, thus precipitating the removal of pathogens through the skin itself. In my opinion, nothing moves Qi and Blood faster than cupping. From the very start of its application one can observe the blood moving in the direction of the cup. Where a patient's energy is deficient this movement will be slow; if the energy is abundant it will be much quicker. One can actually observe this process if glass cups are used.

As discussed earlier, cupping is particularly effective when the external pathogen still resides in the superficial energetic area of the body, the Defensive/Protective level (Wei Qi). Whatever the vessel used, the objective of the treatment remains the same, i.e. to remove the external pathogens from the body and restore the circulation of Qi, Blood and the Fluids, thus bringing health to the sick.

Below is a rare Japanese account on the subject of cupping therapy, taken from a Japanese cupping-set manual (no author is mentioned).

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The effect of this therapy can be classified into two categories: the general (purification of blood, improvement of circulatory functions of blood and lymph, regulation and betterment of automatic nervous system, etc.) and the local (removal of pain, relaxation of stiff muscles, etc.). The former effects, that is, effects upon the bodily tissues and organs, are as follows:

1. Effects upon the skin

According to one experiment on a 35-year-old male subject, fine hair on his back grew to thick hair of 1 to 1.5 cm long after about 140 applications of treatment by this method. This is because the direct physical stimuli on hair roots and the expansion of blood vessels of the skin, by means of the pull of low pressure, cause an increase in blood circulation, a rise of skin temperature, the promotion of metabolism within skin tissue, better functioning of sweat and sebaceous glands and of cutaneous respiration and sufficient supply of nutrition to the tissues. The essential point of 'cupping therapy' is not only to withdraw stagnant old blood within the skin but also to remove poisonous substances from the surface of the skin. This is why, when a doctor continues this therapy on a patient with his bare hands, they become yellowy. It accelerates secretion of salts and sebaceous matter and the excretion of water. Another important point is that it strengthens the renewing power of the skin and its resistance to various harmful conditions.

2. Effects upon muscles

The pull of low-pressure 'cupping therapy', the functioning of blood vessels within the muscles is activated in response to the stimulation of the subcutaneous capillary vessels. Thus the expansion of the blood vessels in the muscles facilitates the flow of blood and has a remarkable effect on a stiff shoulder, for example, removing congested blood. Moreover, this facilitates the flow of lymph. After the 'cupping therapy', the skin will be all aglow as a result of the rise in skin temperature and muscles by the increase of the blood flow.

3. Effects upon joints

Chronic joint rheumatism is one of the conditions for which 'cupping therapy' is effective. In this case the treatment is concentrated on the area of the joints concerned. When the condition is mild, an almost complete cure is possible, and this results from the better flow of blood within the joint, the activity and secretion of synovial fluids. In case of muscular spasms around the joints, they can be removed.

4. Effects upon the digestive organs

Most patients feel hungry after the Cupping therapy on the stomach region. As *the digestive organs, especially Spleen and Stomach, looked upon as the 'engine' of the human body are regarded as the most important; and the treatment of*

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the Middle Jiao is considered equally important. In other words, as the natural healing power of the body derives its energies mainly from the digestive organs, a great emphasis is laid on the treatment of the stomach, spleen and intestines. The pulling power of low pressure upon the belly stimulates the inside of the organs, their peristaltic movement and secretion of digestive fluids, and strengthens thereby the power of digestion and absorption of nourishment as well as the power of secretion. Therefore, this therapy has remarkable effects upon chronic gastroenteritis disorders and the constipation as a whole. These organs are affected favourably even during the treatment of the back by way of the stimulation of the spinal nerves and the automatic nerves. Besides these the therapy strengthens the muscles of the respiratory organs.

General Effects of Cupping Therapy

Purification of Blood

Among the general effects, the most important is the effect upon the circulatory system. Professor Kentaro Takagi of Nagoya University says that the skin-stimulating therapies are significant in that they awaken the greatest responses in the circulatory system. His remarks were not necessarily directed towards cupping therapy, but I think it has much in common with the skin-stimulating therapies he mentioned. Owing to the pull of low pressure, the flow of blood in the arteries and veins increases, although in the case of the latter, localized spots of congested blood appear and then disappear. It is possible to ease the interruption of blood circulation and congestion and to stop the inflammatory extravasation (escaping of bodily fluids such as blood) from the tissues. Therefore, facilitation of the flow of blood is the most important characteristic of this therapy. It is very beneficial for hardened arteries, stiff shoulders, etc.

Dr Katase of Osaka University suggests that this therapy may influence the composition of blood: it increases red and white blood cells and changes acid blood into alkaline or neutral. This leads to the purification of blood.

Effects on the Nervous System

Cupping therapy stimulates the sensory nerves of the skin. As demonstrated in a clinical experiment conducted at Kobe University, the inhibitory effects on hypersensitive pain are not limited to the area of direct treatment, but include the areas controlled by the relevant nerves. Treatment on the back is mainly directed to the central line (spinal nerves and parasympathetic nerves) and the sympathetic nerves beside it. The stimulation of these has, it can be said, a good influence

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not only on the automatic nervous system itself but also on various organs under its control.

Cupping therapy is, like massage, effective against the so-called syndrome of general malaise, such as chronic headaches, dizziness, languor, stiff shoulders, fatigue, etc. These are said to derive from anxiety, worry and bodily pain. It is also effective against endogenous chronic diseases such as high blood pressure, neuralgia and rheumatism. During treatment with this therapy on the back or the loins, for example, some middle-aged or elderly patients fall asleep, snoring loudly. This clearly shows one of the effects upon the nervous system. The mechanism of its effectiveness will be clarified some day. Thus the general and localized effects of this therapy strengthen the healing power against diseases and, together with a healthy diet and psychotherapy, cure or prevent disease completely.

In October 1995, the World Federation of Acupuncture Societies held a 4-day symposium in Istanbul, Turkey. The theme of the gathering was Acupuncture and Qi, and I presented a paper on Cupping and Qi. Over 200 acupuncturists from around the world attended the seminar, of which only a handful were using cupping in their practice. Most lacked the basic knowledge and skills necessary for cupping and were unaware of the benefits this technique can offer their patients.

Cupping therapy is suitable for the treatment of pains, Bi-syndromes, diseases of the digestive, circulatory and respiratory systems, some skin conditions such as boils and eczema, wind stroke (facial paralysis), weakness of the muscles, high blood pressure and common colds. Diseases and treatments will be discussed in detail later in this book.

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Further Reading

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Chapter 3

Preparing for Cupping

Once the practitioner decides to perform cupping therapy he should then proceed to prepare the patient for treatment. When I use the term 'prepare' I really mean just that. Do not suddenly appear in the cubicle with a set of cups in one hand and a fire in the other ready for cupping! One should perhaps explain the reason for this therapy and the benefits of cupping treatment, while enlisting the patient's consent (and that of the parent if the patient is a child) without forcing the issue of this particular treatment. Each individual is different: old, young, men, women or children, and we all have different levels of pain tolerance. What may be tolerable and acceptable for one, could be quite painful and unacceptable for another. Enquire about their pain threshold by asking and by palpating the area to be cupped. If necessary, gently massage the area to be cupped as this will help to relax the patient.

As cupping is performed on naked and exposed skin, the treatment room should be comfortably warm. Make absolutely sure that your patient is relaxed and not suffering from any degree of anxiety. Choose the best position to suit your patient and not you. For many people it might be a frightening experience to hold fire so close to their flesh. If necessary, show the cups to the patient and let them hold them. Apply a single cup to your own forearm and let the patient touch the cup. This will reassure and go a long way towards relaxing them. Most people will tell you that they have indeed heard of cupping, or seen it on a television programme, but have not experienced it themselves. Explain that introducing fire into the cup will create a vacuum, and when the cup is turned on the skin it will pull the skin into the cup, and that this pulling action is the desired outcome.

Most cupping techniques have a mild and tolerable pulling action on the skin. Some, however, produce a stronger negative force and can be slightly painful - for example, Strong and Moving techniques. Good suction is noticeably more difficult to obtain and sustain for a longer period of time on dry and hairy skin than on oily and smooth skin. Some skins are so dry

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that they look and feel like tree bark: very porous and rough to touch. Fine hair covering the skin will present no problem during cupping, but a long, bushy growth, especially on a male back, may present a problem when trying to maintain good suction. Both situations require a little patience. Dry and hairy skin surfaces will prevent the cup making perfect contact with the flesh: the suction created is usually strong enough to draw some air into the cup, and as a result the pulling action will cease in a much shorter time and the cup will come off in less than 5 minutes or so. In order to achieve a better contact between cup and flesh, and obtain good suction, apply massage oil liberally to the area to be cupped; this usually works satisfactorily. It is equally important that you ask the patient to sit or lie still during the treatment, as sudden movements are definitely not recommended.

When treating children under 16 years old, always invite the parents into the cubicle with you. Here again, show the cups to the child but perhaps not the fire, as they may be a little apprehensive about the whole procedure. Usually, when parents are present children are quite relaxed and cooperative during the treatment.

The location to be treated is important in deciding the position of the patient (Fig.3.1). If the cupping is to be performed on the back, the most comfortable position will be prone on the couch or the floor; if on the area of the stomach, a supine position is preferred. For the face, knees, neck and shoulders, a sitting position in a chair may be chosen. For the elderly, severe asthmatics or patients who have recently suffered from any heart condition, an upright sitting position should always be preferred.

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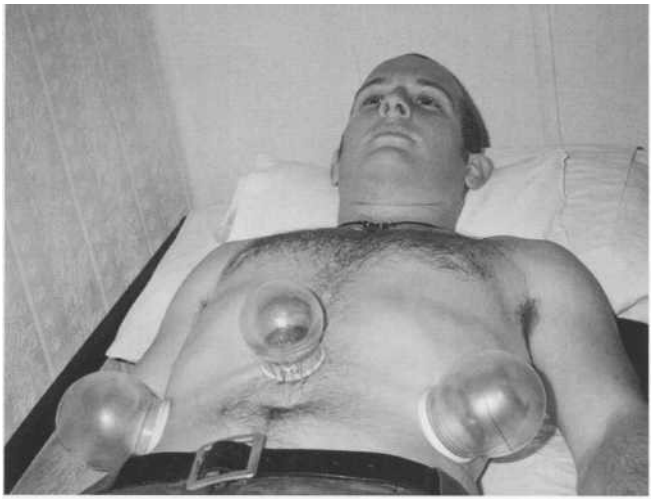
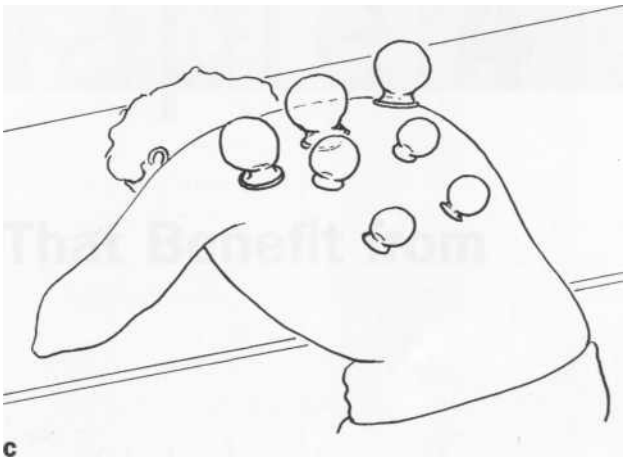
Fig.3.1 Various positions for cupping application. **(A)** Prone.

(continued)





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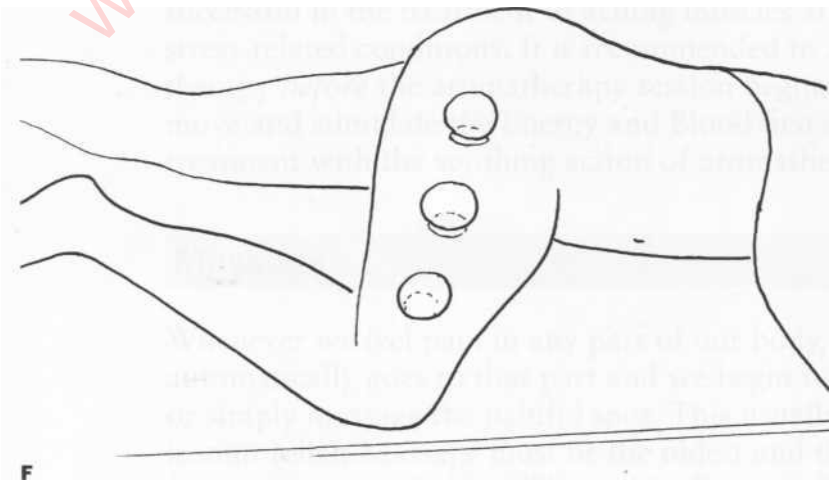

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Fig.3.1 *(cont'd)* **(B)** Supine. (C) Sitting on a chair; resting the head on the couch. **(D)** Sitting up on a chair. **(E)** Sitting up on the couch. **(F)** Lying sideways on the couch or floor, particularly when treating the gluteal muscle.

Chapter 4

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Therapies That Benefit from Cupping

Generally speaking, most of the hands-on therapeutic practitioners can also incorporate cupping therapy to their practice. The ultimate aim of all hands-on techniques is to stimulate the body's natural healing powers by balancing the physical, mental and emotional energies and restoring health to the individual. Therapies such as aromatherapy, massage, chiropractic, osteopathy, kinesiology, the Alexander technique, shiatsu, reflexology, polarity and physiotherapy can all safely incorporate cupping therapy into their skills. For the non-Chinese medicine-trained practitioners I have devised the *Four-Zone Cupping Therapy Map* (Fig.4.1).

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Aromatherapy

This is a massage technique that matches suitable essential oils to the condition of the patient. Essential oils have been used therapeutically throughout history, therapists recognizing the therapeutic values of flowers and plants and using them regularly for treatment purposes. They have been particularly successful in the treatment of aching muscles and joints, and of stress-related conditions. It is recommended to apply cupping therapy *before* the aromatherapy session begins. This way you move and stimulate the Energy and Blood first and finish off the treatment with the soothing action of aromatherapy.

Massage

Whenever we feel pain in any part of our body, our hand automatically goes to that part and we begin to rub, squeeze or simply massage the painful spot. This usually brings some instant relief. Massage must be the oldest and the most effective form of cure, used either therapeutically or as a preventive. Rubbing the skin increases the blood circulation and metabolism in the affected area. This action will not only directly benefit

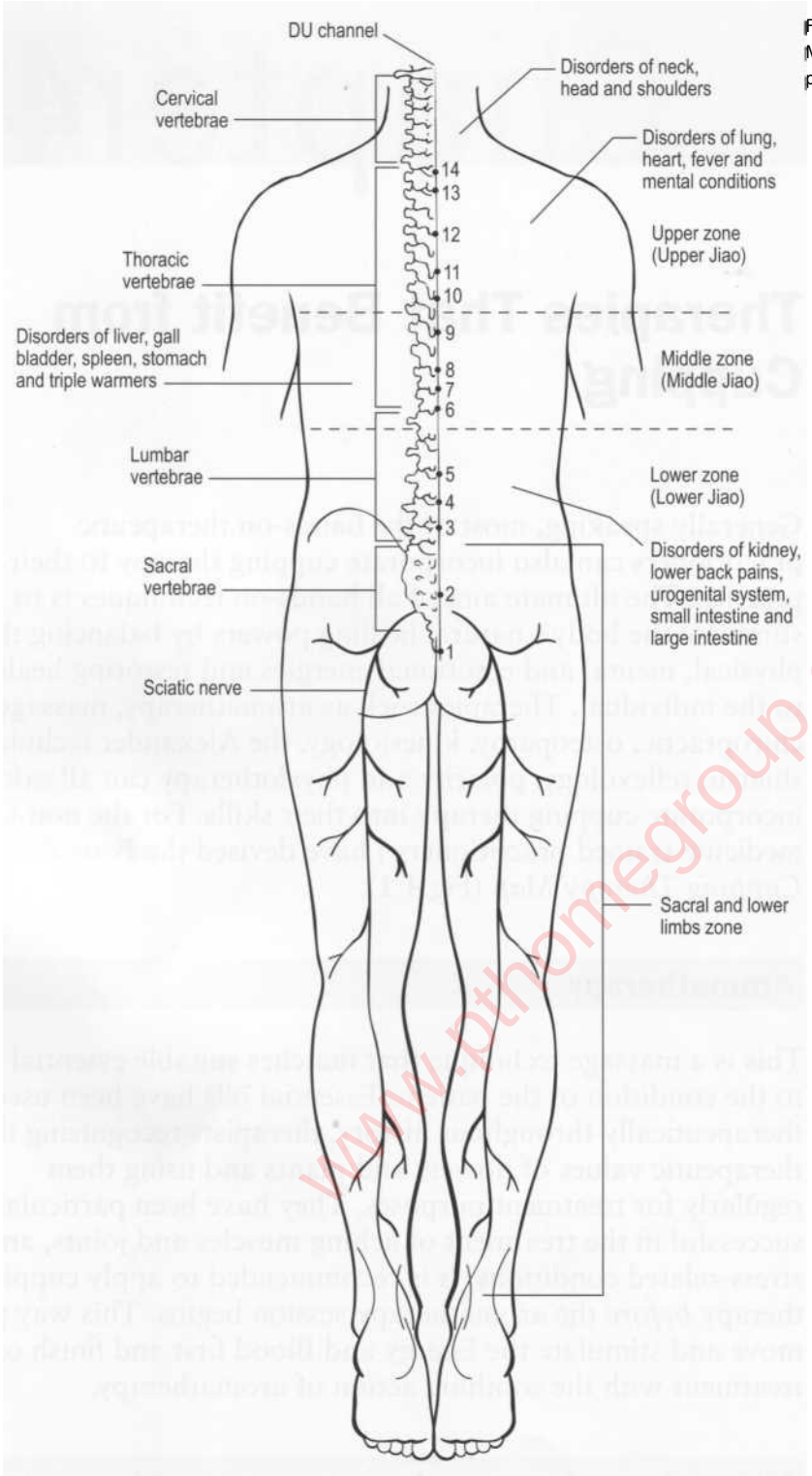

Fig.4.1 Four Zone Cupping Therapy Map. All non-Chinese medicine-trained practitioners can refer to the map.

the immediate skin and muscles, but also the lymphatic system, nerves, blood vessels, cells and organs beneath the skin. A good body-worker is able to feel the tension on the skin and identify the stress zones. Once identified, different massage methods can be applied to eliminate these stress zones. Cupping directly on or next to stress zones can bring relief to sufferers.

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As a rule, treatment should begin with massage and, when the stress zones are identified, cupping should be applied for the desired time, again followed by massage and rest. Provided the practitioner keeps in mind the patient's energy level, various forms of cupping can be employed during massage therapy. Light, Medium, Strong, Moving, Light-moving and Empty methods can all be safely employed.

Chiropractic

Chiropractic was developed by Daniel David Palmer in the USA in 1895. This system of treatment sees the root of the disease in the displacement of the vertebrae, which causes blockages in the energy to a particular organ (Fig.4.2). By manipulating and adjusting the spine manually, the blockage and the pressure are relieved; this is known as 'subluxation'. Chiropractors also advise the patient on nutrition and exercise.

Cupping during chiropractic manipulation reduces the local pressure on the vertebrae and improves the Energy flow and the Blood circulation to the muscle and tendons of the spine. Cupping is used next to the subluxation and not directly over it; also, avoid direct cupping on the inflamed disc.

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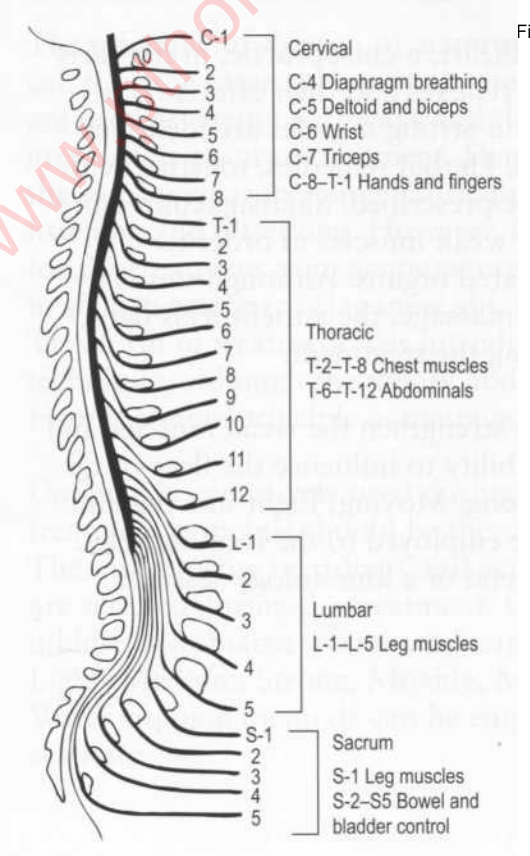

Fig.4.2 Vertebral column and nerve supply.

Osteopathy

The principle of osteopathy is that disease is primarily the result of derangement of the spinal column, which consists of 24 movable vertebrae. These enclose and protect the spinal cord. When vertebrae are displaced they press on a nerve and, as a result, muscular or organ dysfunction occurs. If we think of the nervous system as an electric wiring configuration carrying uninterrupted power (energy) from site A to site B, all the expected bodily functions will occur continuously and without interruption. However, when there is a 'short' (blockage) anywhere in the system, the power (energy) will not reach the desired point and dysfunction will follow. An osteopath is trained to locate this blockage and unlock it using manipulation techniques, which may sometimes be followed by drugs or surgery. The more traditional osteopaths prefer to use manipulation as the only method. The objective is to restore the energy flow to the organs uninterrupted.

Cupping can be applied to the local and distal points on the lesion during manipulation or at the end of the session. Light, Medium, Strong and Empty cupping methods can all be employed. Avoid direct cupping therapy on the inflamed disc.

Kinesiology

Developed by Dr George Goodheart, a chiropractic, in the early 1960s, this system uses muscle reflexes and their effects on corresponding organs. Weak and Strong muscles are identified through a series of muscle tests. Herbal remedies, together with nutritional therapy, may also be prescribed. Shiatsu/acupressure and massage are applied to the weak muscles in order to strengthen them and the associated organs. Although this is by no means a form of relaxation massage, the patient feels light, alert and full of energy following the treatment.

Cupping can also be applied to strengthen the weak muscles and associated organs through its ability to influence the flow of Qi and Blood. Light, Medium, Strong, Moving, Light-moving and Empty cupping methods can be employed to the local muscles. Cupping should be used at the end of a kinesiology session, followed by a massage.

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Alexander Technique

This is a system of posture-correction techniques and body awareness methods and movements that help us to understand how best we can use our bodies when talking, walking, reading, singing and even during relaxation. F. Matthias Alexander, an Australian, came to the conclusion that faulty posture was responsible for a great many medical symptoms. When people habitually misuse their bodies by adopting poor postures, this will have an adverse effect on the muscular or nervous system.

Cupping therapy can assist in maintaining a strong and healthy spinal column. Apply up to seven cups, on each side of the Bladder meridian (1.5 cun lateral on both sides of the spine), starting from BF-11 Dashu, location; 1.5 cun lateral to the lower border of the spinous process of the first thoracic vertebra, and ending at BF-25 Dachangshu, location; 1.5 cun lateral to the lower border of the spinous process of the fourth lumbar vertebra. The entire spinal cord is stimulated by the pulling action of cupping and the blood flow to the spinal cord will be increased, resulting in a greater energy flow and well-being. Light, Medium, Strong, Moving and Empty cupping methods can all be applied.

Shiatsu

The principle of shiatsu, or acupressure as some practitioners call it, is the same as that of acupuncture. The 14 main meridians are used as energy pathways and the classic acupuncture points are used as point of treatment. Diagnosis is performed in exactly the same way as in acupuncture: pulse, tongue, palpation, listening and observing. However, instead of using needles for the treatment as in acupuncture, finger pressure is used in shiatsu treatment (Japanese shi, finger, and atsu, pressure). This form of treatment was introduced in Japan as a healing technique, although the theory and application both stem from the same principle as acupuncture.

Cupping is extensively used during shiatsu sessions, and the treatment principle should be the same as in acupuncture. The same energy meridians and acupuncture/acupressure points are selected during the treatment. Cupping is performed in the middle of a shiatsu session and terminated by a light massage. Light, Medium, Strong, Moving, Moxa, Empty, Herbal and Water cupping methods can be employed during shiatsu sessions.

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Reflexology

Reflexology is another form of energy balancing therapy, focusing on the relationship between granulated points found on the soles of the feet and reflexes on the body. The reflexology practitioner, by means of a gentle touch or rub, is seeking points that are sensitive and granular. These are treated as uric acid crystallizations in the feet and are used in diagnosis and treatment. When massaging or rubbing the granules, therapeutic benefits can be expected on the corresponding organs of the body. Reflexology is based on the principle that there is a connection between the nerve endings in the feet and the organs of the body.

Cupping therapy is employed using the back of the body, referring to the Four-Zone Cupping Therapy Map (see Fig.4.1). Fight, Medium, Strong, Moving and Empty cupping methods can all be used during a reflexology session.

Polarity

Developed by Dr Randolph Stone, this system of energetic healing consists of analysing the magnetic field and its patterns of movement in the body. Massage, manipulation, mental exercises and nutritional advice are all used to eliminate energy blockages and restore harmony and well-being. Pressure is systematically applied on two points at the same time using both hands. For the polarity therapist, the universe and everything connected with it has two opposing sides (poles) to it, very much like Yin and Yang: day and night, male and female, inhaling and exhaling, negative and positive electrical energies.

During cupping therapy, an equal number of cups should be applied bilaterally, and the Four-Zone Cupping Therapy Map should be used. Fight, Medium and Strong cupping methods can be employed.

Physiotherapy

This manipulative therapy is the most accepted and utilized by the medical profession all over the world, especially in the Western hemisphere. The aim is to retrain and restore the bodily functions lost as a result of operations, trauma, strokes, disease, etc. by applying mild pressure, heat, water and/or manipulation or strengthening techniques to the moving parts of the body. During physiotherapy the use of equipment is common, but nothing can substitute for the touch of the physiotherapist (the healer).

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Cupping can be a great help in restoring the blood flow and improving the circulation to the immobile or dormant parts of the body, and is especially beneficial when treating stroke patients or any other muscle-wasting disorder. Four-Zone Cupping Therapy can be integrated with the physiotherapy.
NB: Cups should not be applied to any part of the body affected by bone fractures of any kind. Light, Medium, Strong, Moving, Light-moving and Empty cupping methods can all be employed alongside the physiotherapy.

Four-zone Cupping Therapy

For non-Chinese medicine-trained practitioners I have formulated the Four-Zone Cupping Therapy Map (see Fig.4.1).

Zone 1: The Upper Zone

- *Front aspect-*. This zone includes the upper chest under the clavicles; it is mostly used to treat respiratory conditions such as asthma, emphysema, the common cold and emotional complaints.
- *Back aspect-*. The cervical spine from C4 to C8 and continuing through the first thoracic vertebra (Tl) to the sixth thoracic vertebra (T6).

Disorders of neck and shoulders, occipital headache, stress-related tension, deltoid and biceps pains and weaknesses, wrist pains and weaknesses, triceps and hand and finger problems, disorders of the lungs such as cough, asthma and other breathing problems, colds, chills and fever, dizziness and high blood pressure can all be treated by cupping therapy to the upper zone.

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Zone 2: The Middle Zone

- *Front aspect-*. This zone is the stomach and the lower abdomen area. It is used for most gastrointestinal complaints as well as menstrual problems in women.
- *Back aspect:* This zone begins from the sixth thoracic vertebra (T6) to the 11th thoracic vertebra (Til).

Disorders of the liver, gall bladder, spleen and stomach, poor appetite, belching, hiccup, the Triple Burner, chest and abdominal muscles, emotional conditions such as nervous dispositions, anger and frustration, and blood disorders such as anaemia can all be treated at this zone.

Zone 3: The Lower Zone

- This zone starts from the 11th thoracic vertebra (Til) and terminates at the fourth lumbar vertebra (L4).

Disorders of kidneys, lower back problems, bladder and other urogenital conditions, small and large intestine complaints, sexual disorders, menstrual disorders (including painful menstruation) and infertility problems (men and women) can all be treated at this zone.

Zone 4: The Sacral and Lower Limbs Zone

- This zone starts from the fourth lumbar vertebra (L4) and includes the sacrum, hips, thighs (hamstrings) and the calf muscles (gastrocnemius).

Conditions such as lumbago pains, sciatica pains, numbness and weakness of the lower extremities, paralysis and other muscular weaknesses to the lower part of the body, menstrual problems and genitalia pains can all be treated at this zone.

Meridian/Channel Cupping

It is also possible to apply cups directly over the traditional energy pathways (the meridians/channels). This form of cupping is predominantly administered when dealing with meridian-related Qi problems such as *blockages* or *stagnations.* Between 8 and 12 cups can be administered on the same meridian without any adverse effect to the patient. Smaller cups (number 1, 2 or 3) should be used over the bony parts (over the limbs) and larger cups (number 3, 4 or 5) on the more fleshy parts of meridians (see the Meridian charts and the associated therapeutic characteristics). O circle markings on the channels (Fig. 2.2-Fig. 2.15) indicate the possible cupping locations.

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Chapter 5

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The Cupping Procedure

There are different ways to create a negative pressure inside the cup: expelling the air by ignition, by boiling water, or by using manual or mechanical air extraction pumps.

Safety First

Suction, or a negative pressure, is achieved by briefly introducing fire into the cup. The proper way to perform this simple but rather risky process is to hold a ball of cotton wool soaked in 95% alcohol with a pair of long forceps (locking forceps is preferred) and set fire to it (Fig.5.1). Any excess alcohol must be squeezed out of the cotton wool before setting it alight (poor handling skills and dropping saturated cotton wool on

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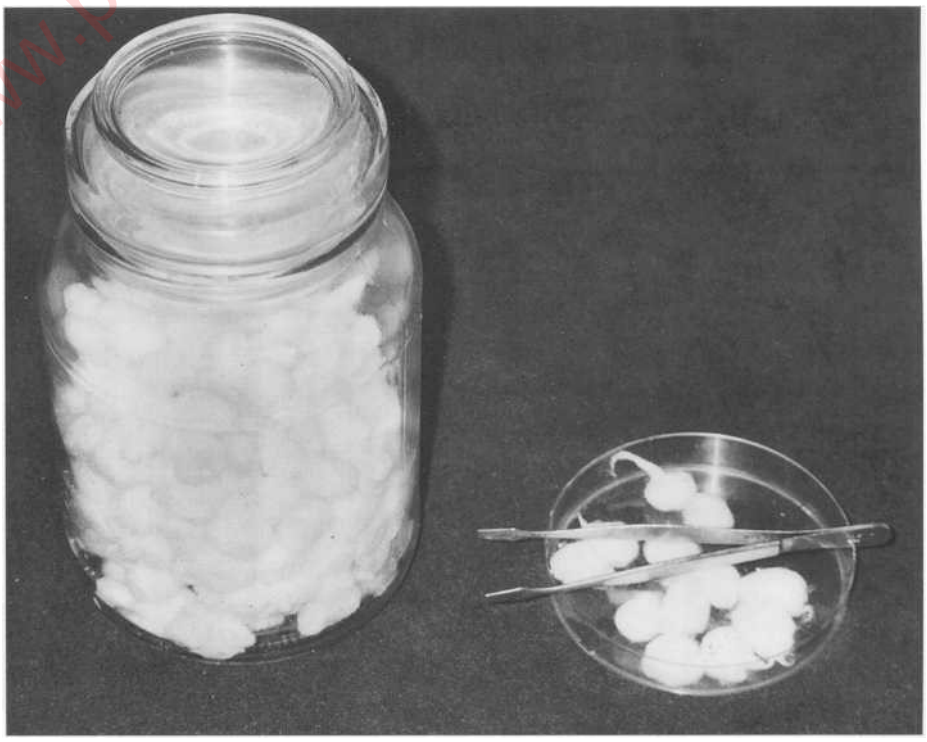

Fig.5.1 Cupping equipment, cups, long tweezers, prepared cotton wool balls.

the patient is the most commonly seen accident during cupping treatment). The practitioner places the cups next to the patient beforehand. Holding a cup in one hand and the fire in the other, the practitioner approaches as close as possible to the site to be cupped. Holding the mouth of the cup towards the patient, the practitioner quickly and briefly introduces the fire into the cup, simultaneously turning and placing the cup on the desired point on the flesh (Figs 5.2, 5.3). There is no need to press it down; the suction inside is more than sufficient to hold the cup on the skin. To obtain good suction, a well lit cotton wool ball is needed. Remember, *the bigger the fire, the greater the suction.* Even the smaller cups need a large flame inside the cup in order to achieve good suction.

The wick method (*not suitable for children under 16 years old)* (Fig 5.3) is another way of administering a safe cupping technique. Pure cotton fabric is wrapped and secured around a coin and the excess material cut 2-2.5 cm above the coin. The ends of the wick are dipped in oil (any natural oil will do). Do *not use alcohol to wet the wick as the alcohol will run down the coin and cause fire when the wick is lit.* Light the tips of the wick and wait for a few seconds before the wick is fully alight (as the wick burns the coin remains cold). Gently lower the cup over the burning wick without delay (any delay at this junction will heat up the coin!). Do not use pressure or press the cup over the wick. Gentle lowering of the cup will be sufficient to obtain a very firm and strong suction. The strength of the suction can be adjusted simply by thumb pressure on the edge of the cup, letting a small amount of air into the cup to reduce its pulling power. This reducing technique is often used, especially when the desired cupping method is Light or Medium strength.

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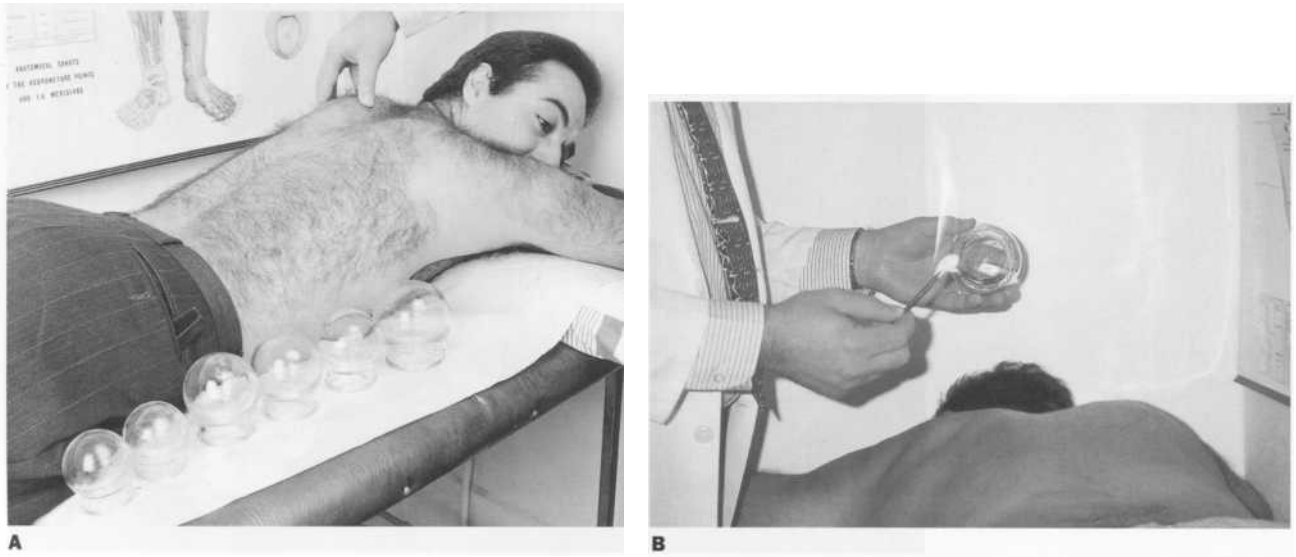

Fig.5.2 (A,B) Standing close to the patient during the cupping application.

I remember a tragic story that my mother told me as a child to discourage us from playing with fire and cups. A woman in the village decided to use cups on her husband after he caught a cold. A traditional Cypriot remedy after cupping treatment is a home-made alcoholic drink called *Zivania,* which is rubbed over the body to produce warmth and promote perspiration. Unfortunately, in this case the woman decided to rub on the alcohol before she put the cups on! She then proceeded to light the cotton wool and apply the cups. To her horror she set fire to her husband, who stood no chance of surviving. He ran out of the house, but collapsed and died in the garden. This story also illustrates how such a simple and unsophisticated treatment as cupping can have undesirable consequences if not used correctly. Because the treatment involves handling oil,

A

B

Fig.5.3 (A-B) Cupping using wicks.

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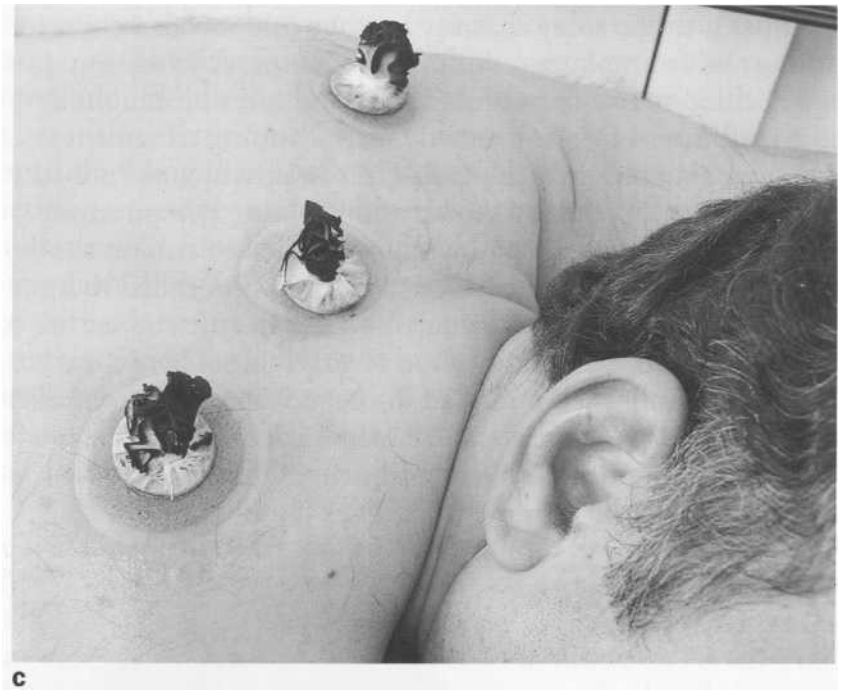

c

Fig.5.3 *(cont'd)* **(C)** Cupping using wicks. The wick is prepared using a coin wrapped in pure cotton fabric and dipped in oil. The wick is lit and a cup placed over the fire. This method is used when a particularly Strong suction is desired. It is also a very slow method of cupping.

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alcohol and fire at the same time - a potentially hazardous cocktail - it is not difficult to imagine the implications of careless practice. *For the uninitiated I would strongly advise beginning with pistol-handled cupping or other non-flame cupping equipment.*

Procedure

As mentioned earlier, the practitioner must make sure that the room or the treatment cubicle used is comfortably warm, that the patient is well informed and relaxed, and that there are no inflammable materials or coverings. It is also important to ask the patient to remove clothing from the part of the body to be cupped. If the upper body is to be cupped, the patient must tie back their hair (and, if necessary, hold it with one hand). This eliminates the risk of hair and clothing catching fire.

Choose the position most suitable for the patient's ailment and mobility limitations. Do not ask the patient to lie down or to sit up if this will cause discomfort. Seek their views on the most comfortable position, especially when treating the pregnant or the elderly. Once the patient is ready, moisturize the area to be cupped with massage oil (any commercial massage oil or olive oil will do), prepare the cups close to the patient and,

if possible, place them next to the area to be treated. This will save time and effort during the treatment and at the same time eliminate the risk of dropping a flame onto the patient or the floor. Prepare small cotton wool balls, having soaked them in an airtight jar of alcohol beforehand so that they are ready for igniting. Once both practitioner and patient are ready, apply the cups quickly, covering the patient with a blanket for warmth. To remove the cups when the desired cupping time is over, gently press the edge of the cup with an index finger and let in some air (Fig.5.4). This will release the cup without effort or discomfort to the patient. When removing the cups, special care is needed to make sure that the cup is held *away* from the practitioner's face, to prevent any possible inhalation of vapour from inside the cup (Fig.5.4). The vapour and odour inside the cup represent the internal pathogenic factor unique to that individual patient. Therefore, every effort should be made to avoid inhaling the discarded energy.

Used cups should be immersed in water containing 2% sodium hypochlorite solution immediately after removal, and washed with soapy water before being stored. This will reduce any risk of cross-infection. Sometimes small amounts of blood may be drawn into the cup during treatment. This is more likely when cupping has followed the removal of acupuncture needles, or when applied directly over skin pustules or acne. In such cases where blood is drawn into the cup the practitioner should wear surgical rubber gloves when removing the cups. A clean paper towel should be held over the mouth of the cup to prevent spillage during removal. Usually any blood drawn into the cup will coagulate within a short period of time and therefore

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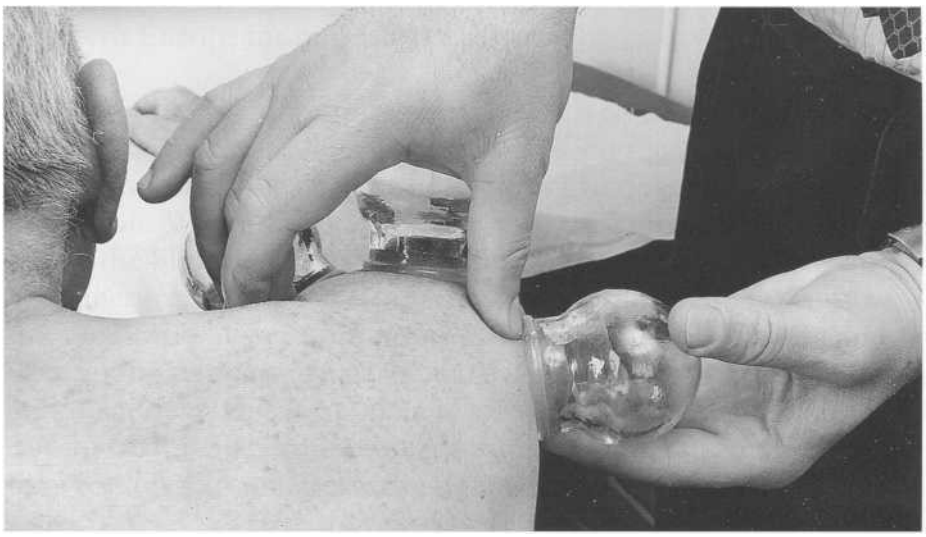

Fig.5.4 Cup removal, showing a finger-pressing technique to let air into the cup. Remove the cup away from the practitioner's face.

not spill. I would recommend the commercially available antibacterial skin cleansing agent containing 20% chlorhexidine gluconate (Hibisol) solution, to wash and sterilize the hands after each treatment.

Obtaining the Patient's Consent

It is good practice to ask the patient to sign a 'patient consent form' (particularly when the patient is under 18 years old) before the treatment begins and after explaining the benefits and the side effects of cupping therapy, such as the possibility of a small amount of bleeding from the cupping site and that the cupping marks may last for up to 15 days. It makes good sense to obtain written consent from your patient or the parent. Below is a sample consent form used in my clinic.

[Your name and address]

Cupping Therapy Patient Consent Form

1, (print patients' full name)..... confirm that the cupping therapy practitioner (your name)..... has fully explained to me the benefits, side effects and contraindications of cupping therapy, and that 1 understand that slight bleeding may occur from the cupping site and some degree of skin marking or bruising, lasting for between 10 and 20 days, may result.

Signed:.....

Date: .....

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Chapter 6

What to Expect During and After Cupping Therapy

The primary object of cupping therapy is to move Blood and Qi, remove Cold pathogens as well as Heat pathogens and eliminate Stagnation of any kind from the body (and not to 'remove the evil spirit' as was claimed by one untrained therapist, leading to a police investigation in England in July 2005). To achieve this, different cupping techniques can be employed (there are 11 different cupping methods). Almost without exception, in every case where cupping is performed for the first time there will be slight reddening or a ring mark caused by the edge of the cup at the site of the treatment (Fig.6.1). The extent of the cupping mark depends very much on the length of treatment time and the strength of the suction achieved. To reduce the risk of severe marking, always start with Empty, Fight or Medium strength suction, increasing the strength and duration on subsequent visits. The patient should experience a warm, pulling or stretching sensation on the skin, but not pain. If the patient complains of pain at any time during treatment, remove the cups immediately. The skin of some patients is very sensitive and their pain threshold extremely low, especially children under 16 years old, the elderly, North Americans, Scandinavians, northern Europeans and UK patients.

Normally the ring or cupping mark will fade away within 10 days. In some cases a blister may appear on the skin inside the cup. This is an indication of both excessive duration and strength of suction. When this happens, remove the cup without delay and pierce the blister with a sharp sterilized instrument, such as an acupuncture needle, to release the fluid. Do not reapply cups at the site of the blister until it has completely healed. Elderly and very young patients are particularly susceptible to severe marking and blistering. This is another reason for monitoring the patient during treatment. If the blister is not noticed at an early stage, it may result in an unnecessary large, open wound.

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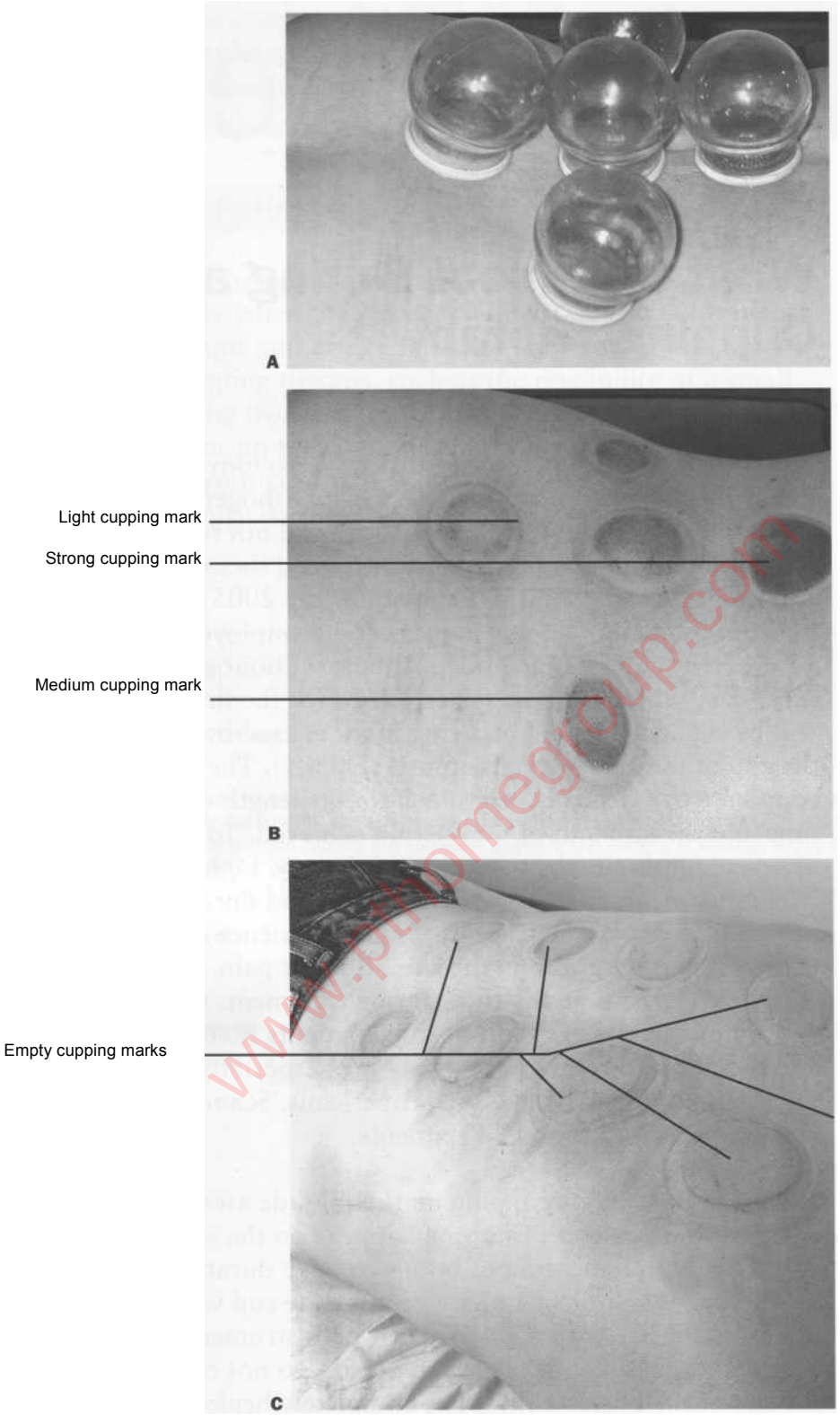

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Fig.6.1 (A-C) Cupping marks following cupping treatment. Cupping marks should not appear after Empty, Light or Water cupping methods.

During the holiday season cupping treatment should be terminated a week before the patient goes away (unless the patient does not mind showing off the marks) or they may draw attention from onlookers at the beach or the pool. The cupping marks usually appear worst of all after the first application, because of stagnation of Blood and Qi; follow-up treatments to the same point will result in much less marking, as the circulation improves and the stagnation is removed. The fine capillaries under the skin fill and empty freely, and as a result of improved metabolism following treatment a sense of warmth and well-being invades the patient's body, sometimes accompanied by a feeling of light-headedness and a slight thirst.

When the cupping session is over there is a short period of tenderness at the points where the cups have been applied. Using massage oil, the area can be massaged gently and, time permitting, the patient can be covered with a blanket for a few minutes' rest before leaving the clinic. Blood pressure may vary a few points owing to the unfamiliar suction and its effects on the circulation. As patients with low blood pressure are particularly susceptible to these fluctuations, care must be taken not to send patients away too soon following treatment. Patients coming for cupping therapy should also be advised to eat a light meal at least 2 hours before the treatment commences. Do not administer cupping therapy when the stomach is full or when it is completely empty, and particularly when the patient is fasting. In both situations the energy is either 'stagnant' or 'empty', in which case it may contribute to the patient feeling unwell.

During the cupping days or weeks ask the patient to refrain from eating rich and greasy foods. Light, warm meals in winter and salads in the summer are preferred. The fluid intake should also be increased at least 20% during this period which will help with the metabolism and the detoxification process. A warm feeling throughout the body, some perspiration and a sense of relaxation normally follow the treatment due to improved circulation and muscle relaxation. Should the patient feel cold, shivery or extremely tired after the treatment, a warm drink and up to 30 minutes of rest are highly recommended before the patient leaves the clinic.

Like many other therapies, cupping therapy isn't a 'magic cure' for all ailments. The full benefits of this therapy are usually achieved after between 5 and 10 visits. Sometimes the benefits are noticed immediately but short lived, in particular when dealing with emotional complaints or long-standing musculoskeletal problems. Ten sessions are considered as one course of treatment. Patients under 16 years of age normally require less treatment.

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Is the Cupping Marking a Bruise or an Ecchymosis?

There is an ongoing debate among cupping practitioners whether we should call the subsequent cupping marks as such, or a 'bruise'? The English medical dictionary by Peter Collin (P.H. Collin 1987) describes a bruise as: 'Contusion or dark painful area on the skin, where blood has escaped under the skin following a blow'. The online MedicineNet.com dictionary gives the following description of bruising: 'A bruise is a traumatic injury of the soft tissues which results in breakage of the local capillaries and leakage of red blood cells. In the skin it can be seen as a reddish-purple discolouration that does not blanch when pressed upon.' A different explanation from the same source is: 'A bruise is called a contusion and is typically a result of some degree of injury to the blood vessels in the skin. Local leakage of blood into the skin from the capillaries that occurs spontaneously and is flat is referred as ecchymosis.'

When we look at the various explanations above, it is clear that a bruise should have at least two characteristics: 1) a dark and painful area; and 2) be the result of a blow, injury or trauma. The noun ecchymosis, however, is explained as 'local leakage of blood into the skin from the capillaries that occurs spontaneously and is also painless'. Almost all blood thinning medications and treatments cause ecchymosis that is not painful but cause discolouration of the skin. All skin marks that are the result of cupping therapy, however dark they may appear, are not *painful.* There is no external or internal damage inflicted to the skin. Capillaries do not leak as result of 'injury or blow to blood vessels'. Also, all bruises will turn yellowy-green before totally fading away. With the exception of Strong cupping on the first two visits, all cupping marks will fade away without turning a yellowy-green colour. Even following the Strong cupping method, local pain will not accompany the cupping mark! Slight local sensitivity is the expected reaction immediately following the cupping application, and is usually much less tender over the next day or two. I personally prefer to call these effects 'cupping marks' as I find ecchymosis a rather technical term and too 'trendy' a word to use!

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Eleven Methods of Cupping Therapy

As mentioned earlier, cupping has long been extensively practised within traditional Turkish communities, and I grew up in this environment, seeing the way it was practised and many times experiencing its benefits myself. I am convinced that cupping as practised today in most European countries is the legacy of the Ottoman Turks and their use of cupping in Hamams. The method my mother would generally use was straightforward and simple. She would oil our skin first and then apply up to six cups (or empty jam jars) for only 2 or 3 minutes, repeating the process several times. The cups were almost always applied on the back of the body, i.e. the upper part of the shoulder blade, or the lower back. This was the way I grew up to know and practise cupping, until I studied Traditional Chinese Medicine in 1983.

The first day at Professor Wong's clinic in Northcote, Melbourne, was indeed a memorable one for me. This was my first clinical practice day, having completed my studies. A senior practitioner was showing the novice what was expected during the first few weeks. The duties included preparing balls of cotton wool to be soaked in alcohol, sterilizing needles and other equipment, answering telephone calls and washing the cups used the previous day! To my colleagues, these strange-looking glass objects were the most fascinating tools of the trade, alongside the acupuncture needle. The principal of the Academy, Professor Wong, was a great acupuncturist and herbalist, but above all he was a tactile therapist and a great believer in the healing power of massage and cupping. With almost every patient, his prescription would end with cupping or a massage treatment. I often volunteered to work at his Northcote clinic, where I learned the comprehensive use of cupping techniques. However, over the last 20 years in my own practice, and during my studies in China, I have developed some methods of my own and have been able to bring together 11 different cupping techniques (10 methods mentioned in the first book). Over the last 7 years since the first book was published, I have received hundreds of letters and emails

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enquiring about the different techniques I mentioned in the book. Most readers described the cupping methods as 'intriguing', 'interesting' and 'fascinating'. All 11 methods described below are designed to help the practitioner chose the cupping technique during the treatment protocol that is most appropriate to the patient's energetic condition. I am often asked by some patients to perform cupping treatment often unsuitable for their present energetic condition, like Bleeding or Strong cupping methods, because of a magazine article they have seen or read! Like all other forms of medicine, cupping therapy is not a 'magic cure for all' but one that needs regular application, as well as the 'correct' technique most suitable to the individual patient's current condition.

- Weak (Light) cupping
- Medium cupping
- Strong cupping
- Moving cupping
- Light-moving cupping (new to this edition)
- Needle cupping
- Moxa (Hot Needle) cupping
- Empty (Flash) cupping
- Full (Bleeding/Wet) cupping
- Herbal cupping
- Water cupping.

Weak (Light) Cupping (tonifying method)

Weak cupping is employed when Blood and Qi are sluggish, deficient (Xu) or stagnant, and a reversal of these conditions is desired. The action of Weak cupping is intended to remove stagnation and at the same time tonify the weak Qi and Blood, and is therefore termed a 'tonifying' method. The key factor in deciding when to apply Weak cupping is the present energetic state/condition of the patient. Pulse, tongue and visual diagnosis should all point to a deficiency.

The patient and cups are prepared as described earlier, and the skin moistened with oil. Light the cotton wool and wait for a few seconds so that the fire is less intense when introduced into the cup. Remember, *the bigger the fire, the greater the suction.* Apply the cups at the desired points until all have been used. At this point the practitioner should take immediate note of the suction inside the cups. The amount of flesh drawn into the cups should be minimal and hardly raised. Should the initial suction be stronger than originally planned, the practitioner should press the edge of the cup with an index finger and let in some air to reduce the strength of the suction to the desired level. At no time

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should the patient feel an uncomfortable sensation of pulling or pain on the treatment area. If this happens, the practitioner should continue with the reducing technique until the patient feels comfortable. Weak cupping is the gentlest method of all and is particularly suitable for debilitated adults, elderly patients and young children, especially those under 7 years of age.

Light cupping can be applied almost anywhere on the body, and may cause a slight reddening of the skin, rather than a deep, dark cupping mark or blister. Therefore the duration of Weak cupping can be as long as 30 minutes. When Light cupping is performed on hairy or very dry skin, the suction is likely to cease much earlier than planned. In this case, apply oil liberally and repeat the procedure. The gentle pulling action of this method stimulates the movement of Qi within the meridian system, bringing benefit to the patient and tonifying the Blood and Qi without the risk of further depleting energy in the weak and frail (see Plate 1 in the colour plate section).

Medium Cupping (tonifying method)

This is the most frequently used cupping method on patients with relatively stronger energies. Medium cupping can be safely administered to children over 7 years old, as well as to adults. With Medium cupping the suction is firmer, but as the patient's own energy is also good, it will act as a tonifying method. However, there is a real danger of draining the patient's Qi if the cups are left on for longer than 30 minutes, leaving the patient lethargic.

To achieve a Medium suction the practitioner needs to use a bigger fire than with the Light method. The cups must also be held closer to the patient, to enable the practitioner to be quick in applying them; the suction will be firmer as the fire draws out the oxygen, thus creating a stronger vacuum. With this method the skin is pulled well into the cup, creating a slight redness as mentioned earlier. If the cups are left on for longer, the redness will turn to dark red or purple, indicating a stronger application. If glass cups are used instead of the more traditional bamboo cups, the progress can be observed closely and early adjustment made if desired. Medium cupping can safely be applied anywhere on the body, including the face and abdomen. Hot or Cold 'Bi' Syndrome, stress-related conditions, Blood and Qi tonification, and children's ailments can all benefit from a Medium cupping technique (see Plate 2 in the colour plate section).

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Strong Cupping (draining method)

This is one of the most draining techniques of all (Moving cupping is the other). Therefore, before deciding on Strong cupping the practitioner must ensure the suitability of the patient. Significant amounts of Blood and Qi are manipulated by this method, sometimes leaving the patient tired. Pulse, tongue and visual diagnosis should all emphasize an Excess, Full (Shi) condition. Defensive energy (Wei Qi) is most affected and influenced by this method. The purpose of a Strong cupping treatment is to move Blood and Qi and eliminate internal/external pathogenic factors and stagnation from patients with relatively strong Wei Qi.

Prepare the patient and have the cups close at hand. For a Strong cupping technique a big fire is necessary in order to achieve a strong pulling action. For this reason, take a rather large ball of cotton wool, or two held together by forceps. On igniting the cotton wool, insert the fire into the cup without delay, simultaneously turning the cup onto the skin. A strong vacuum will be produced, giving a strong pulling sensation of the skin inside the cup. Because of the strong nature of the pulling action the skin will quickly turn red, and shortly after turn purple, inside the cup. It is preferable to avoid the Strong method on a patient's first visit and introduce the treatment using a much weaker version, explaining that subsequent treatments will be slightly stronger. When using a Strong cupping method for the first time a very dark red cupping mark is inevitable; this can take up to 15-20 days to disappear completely. The cupping time should also be short: between 5 and 10 minutes during the first session. This can be increased up to 20 minutes in later applications. The dark red cupping marks will become much lighter and the dispersal time much shorter, sometimes lasting only a day or two (see Plate 3 in the colour plate section).

Following an acupuncture session Strong cupping treatment may cause a small amount of blood to be drawn into the cup. This is quite acceptable given the strength of the suction applied by this method. Fine capillaries under the skin can also break relatively easily with strong suction, causing deeper and longer-lasting cupping marks. This is also the only method of cupping that can cause blisters to form rather quickly. Therefore, it is strongly advised that the practitioner should remain with the patient at all times during the treatment, observing the progress of the suction and, if necessary, removing the cups earlier than planned. One way of obtaining a strong suction is to employ the wick method described in Chapter 5.

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The Strong cupping method should be avoided on the face, stomach and abdomen, and on children under the age of 16, the elderly and frail, and during pregnancy. It is particularly beneficial in the treatment of Hot type 'Bi' Syndrome (see Chapter 11), Stasis of any kind and Frozen Shoulder syndromes.

Fig.7.1 shows the effect on the skin of Weak, Medium and Strong cupping methods.

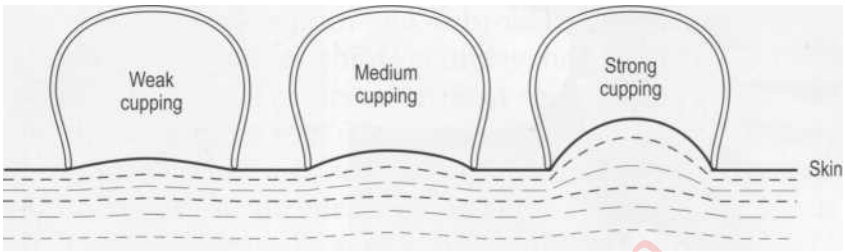

Fig.7.1 Section of the skin showing Weak, Medium and Strong cupping methods.

Moving Cupping - Tui Guan Fa (draining method)

As mentioned earlier, Moving cupping is the second most draining of all the cupping methods. The object of this treatment technique is to apply Strong cupping therapy to a much larger area of the body by the moving/sliding action of the cup. Like the Strong cupping method, the patient has to possess strong energetic features before Moving cupping is employed, in order to withstand the not-so-gentle pulling and moving action of the cup. Without any doubt this is the most painful cupping method I know. For this reason alone, if the patient's energy is Empty (Xu), and therefore weak, Moving cupping can only help to diminish it further. It is mostly applied to the Bladder channel on the back (about 1.5 and 3 inches either side of the spine; see Fig.2.8), upper back, shoulders, limbs and the abdomen (around the navel), especially when treating Stagnation of any kind, excess Heat conditions, or in some neurological conditions such as paralysis or post-stroke weaknesses (when treating post-stoke patients with Moving cupping one should always take into consideration the possibility of a local neuralgic pain that is sometimes associated with stroke patients).

Oil the skin liberally and apply a single medium-sized and medium-strength cup to the treatment area (Fig.7.2A). (The edges of the glass cup should be smooth and even, with no cuts or chips. This is one method in which bamboo cups are of no use, as their sharp edges make it impossible to move the cup once the suction takes hold.) Control the suction by gently moving the cup in any one direction. The cup should move freely

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Fig.7.2 (A) Moving cupping. **(B)** Cupping marks caused by Moving cupping. **(C)** Light Moving cupping. **(D)** Cupping marks following Moving cupping.

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and without a great deal of effort from the practitioner. If the suction is strong, moving the cup will be difficult and any attempt to do so will result in extreme pain. Grip the cup with one hand while supporting the skin close to it with the other. Pull and slide the cup alongside the meridian using long strokes. Do not apply short, up-and-down movements as this may cause unnecessary pain. If there is difficulty in moving the cup this is an indication that the suction is too strong and needs to be reduced. The primary objective of Moving cupping is to resolve Stagnation, manipulate the excess pathogens and bring up the Heat to the surface of the skin. After only a few strokes pink/reddish cupping marks will appear alongside the line of movement (Fig.7.2B). The more internal heat that is present, the quicker the redness (Sha[1]) will appear. This can also be used as a

diagnostic tool as far as Blood and Qi congestion and Internal Heat are concerned: deep and darker cupping marks indicate a Full (Shi) or an acute condition; lighter cupping marks indicate Empty (Xue) conditions, requiring less vigorous treatment. During the application of Moving cupping some air will almost always enter the cup, resulting in loss of suction. All that is necessary is to reapply the cup and continue with the movement.

Avoid using the Moving method on an open wound or lesion, as the skin must be smooth and unbroken. This treatment is not recommended for children under the age of 16, or for the frail and weak. The first treatment should not exceed 5 minutes, building up to a maximum of 20 minutes per session. For Hot skin conditions such as eczema, psoriasis and acne, or painful Hot 'Bi' Syndrome, Moving cupping is most beneficial, though it is important to avoid direct application to lesions. If the condition to be treated is on the arms, hands, face or front of the body, Moving cupping should be employed on the Bladder channel on the back. The same principle applies with the painful 'Bi' Syndromes, i.e. avoid Moving cupping directly on painful points, and use the surface 1.5-2 cun close to the trauma for treatment. This is also the most powerful method for manipulating the lymphatic circulation and therefore requires particular attention when dealing with any form of lymphoma (see Lymphatic drainage in Chapter 11).

Light-moving Cupping (even method)

See DVD

For many years I have practised and advocated Moving cupping only to patients with relatively 'Excessive/Full' energies or conditions. During recent years, however, I have practised Moving cupping on many patients outside this category with favourable results. This came about when I was treating a female patient with severe arthritic pains in her neck and shoulders. Following acupuncture treatment, 10 minutes of Light cupping was usually applied to the local area. On one occasion she described the pain as 'sharp and moving'. On hearing this description, I decided to employ Moving cupping on that particular day but with much reduced suction power (Fig.7.2C), as she often complained of being 'tired and lethargic'. The following day she phoned to express her satisfaction as she had slept 'very well and comfortably' due to lack of pain and discomfort in her back and neck. On each subsequent visit she almost insisted on Light-moving cupping! This technique is considered the *only safe method* in the treatment of lymphatic drainage, as well as being the exclusive cupping method in the treatment of cellulite complaints (see Chapter 12).

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During the application of the Light-moving cupping method, slight pinkish cupping marks appear on the skin, normally following the direction and movement of the cup (Fig.7.2D). At no time should deep, dark red cupping marks be seen. All cupping marks should fade away within a day or two.
The whole object of Light-moving cupping is to *disperse* stasis/stagnation without draining the patient. Energetically, it is an *even method* as Blood and Qi are both gently stimulated.
All Moving cupping techniques require special attention, particularly when there is a broken skin surface, scratches, cuts, bruise marks, open wounds or when skin moles are present (avoid cupping over a skin mole).

Needle Cupping (draining method)

(For acupuncture practitioners only)

Needle cupping is mostly used for Re (Hot) types of painful 'Bi' Syndrome, i.e. red and painful muscular areas as well as the knee and elbow joints, where there is a need to stop the pain and remove the excess pathogenic heat at the same time. The practitioner should administer the acupuncture treatment as intended under normal circumstances, leaving the needles in place as long as necessary. One can reduce the acupuncture treatment time by 10-15 minutes if Needle cupping is intended to follow it.

Following the acupuncture treatment, leave the needles in position and apply oil to the surrounding skin. Choose bamboo or large glass cups in order to accommodate the needles, and apply the cups over them (Fig.7.3A). A Medium to Strong

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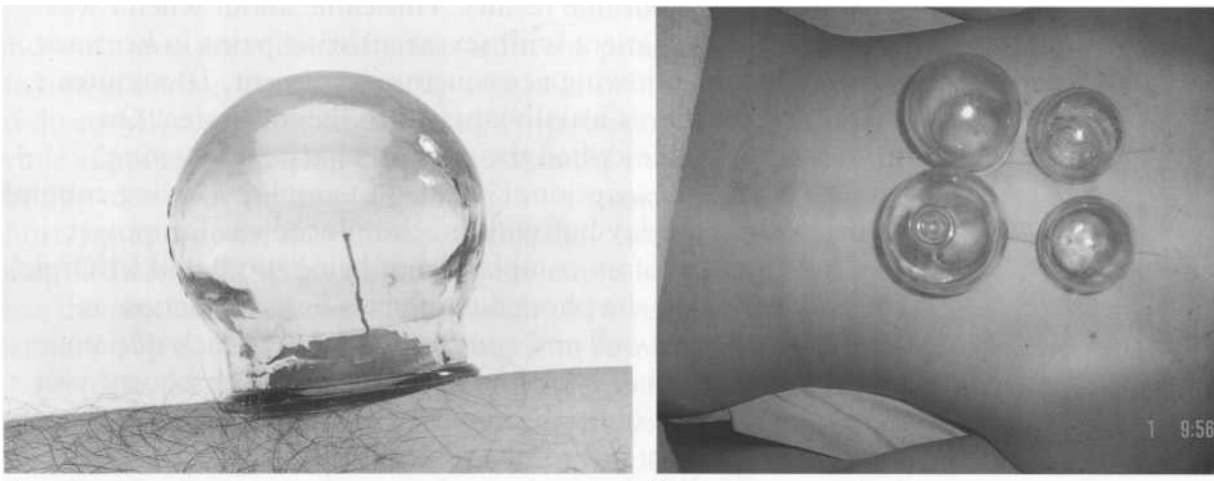

Fig.7.3 (A) Needle cupping. Use a tall cup over the needle. **(B)** Through and through needle cupping.

application is necessary if the treatment is over the joints and Weak to Medium if the treatment is over muscular areas. Retain the cups in position for 10-15 minutes. Some blood may be drawn into the cup through the needles; this is quite acceptable, especially if the suction is Strong. Avoid practising Needle cupping on the Back-Shu points, as there is a real danger of the cup pushing the needle in deeper, thereby causing a pneumothorax. To be on the safe side, use short, 0.5-1 inch needles during the treatment. This is one occasion when tall bamboo cups are preferable to the more round glass cups, as their height is ideal for needle clearance, making the application much safer. However, when cupping treatment is combined with the 'through and through needle technique' the application is quite safe (Fig.7.3B).This method is not recommended for children of any age.

Moxa (Hot Needle) Cupping - Ai Guan Fa (tonifying method)

(For acupuncture practitioners only)

Moxa *(Artemisia vulgaris)* is a great warming herb used by many practitioners for removing Cold and tonifying the Yang-Qi and Blood. It usually comes in three forms: the loose type, the smokeless charcoal type and the round, long, cigar-shaped dry type. It is the last type that is used during this treatment. Moxa rolls are divided further according to their strength, i.e. Medium-moxa, Hot-moxa and very Hot-moxa.

Hot Needle cupping is used where Cold syndromes are predominant as well as pain. Here, acupuncture is used to move the channels, open the obstruction and relieve the pain, and moxa is employed to heat the needle and transfer the heat to the acupuncture point in order to warm and tonify that particular energetic point. This method is particularly useful in the treatment of fatigue when accompanied by cold and Cold type 'Bi' Syndrome (see Chapter 11).

This technique also requires a great deal of care and patience. Use 1.5 inch needles to the desired points, cut about 0.5 inch (1 cm) of moxa roll and insert it on the coil of the needle. Place a small piece of fire-resistant paper or a piece of foil under the needle and on top of the skin to provide protection from falling ash. Light the moxa and wait until it burns out completely. This might take up to 10 minutes. At this stage, when the moxa is completely burnt out, the ash on top of the needle is cold or just warm. The needle, however, remains hot for a considerable length of time. Without touching the needle or the ash, apply the

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Fig.7.4 (A) Moxa cupping. Light the moxa and wait until it is completely burnt out before applying the cup over it. **(B)** Although the moxa is burnt out, the needle is still very hot and continues transferring heat to the acupuncture point. (C) After moxa cupping.

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cup over the needle (Fig.7.4) (the same therapeutic effect can be achieved if the ash is tapped off the needle while retaining the needle in place). When the desired cupping time is over, remove the cup gently and, before removing the needle, shake off the ash by holding a tray under the needle and tapping gently on its base.

Hot Needle cupping is especially beneficial in the treatment of Cold syndromes of the joints as well as muscular complaints, cold Spleen or Stomach syndromes, and lower backache caused by Kidney Yang deficiencies, adult incontinence and impotence (see Chapter 11). This method of treatment is not suitable for children under the age of 16.

Empty (Flash) Cupping - Shan Guan Fa (tonifying method)

Empty cupping is also called Flash cupping for its speed during the application. This is actually a Medium to Strong cupping method, but is applied rapidly and the cups remain in place for a very short time, i.e. less than 30 seconds. It is used to stimulate and move the Blood and Qi in the weak and frail. The rather short duration is enough to stimulate the Qi and Blood, but not enough to drain. It is therefore a tonifying method, particularly when Cold or Heat is the pathogenic factor in the weak and frail, and in children under the age of 16.

Empty cupping is applied on the back as well as the front of the body, and the technique is simple. Oil the area to be cupped, place up to 12 cups near at hand, light a large cotton wool ball and apply the cups simultaneously (Fig.7.5). Once all the cups are in place, start removing them without delay, beginning with the first to be applied. When all have been removed, reapply them immediately in different positions. This can be repeated for between 5 and 10 minutes. Slight pinkish cupping marks will appear all over the back (Fig.7.6), but these will fade away within a day or two. This is a favourite cupping method for children. Stress-related emotional conditions, tiredness, low fevers in children or the elderly, feeling cold and feverish in the same group and gastrointestinal problems can all be treated by the Empty cupping method.

Full (Bleeding/Wet) Cupping - Xue Guan Fa (draining method)

This was the most favoured and practised cupping method of all by the early practitioners, who, particularly in Europe and Middle Eastern countries, employed the Bleeding cupping

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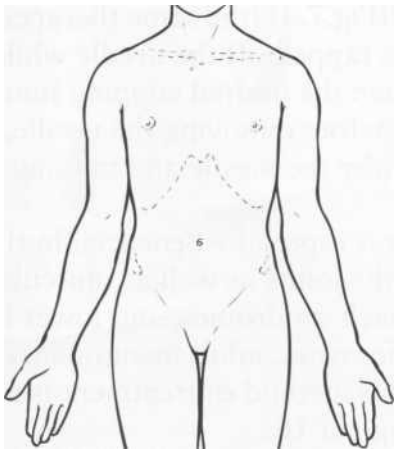
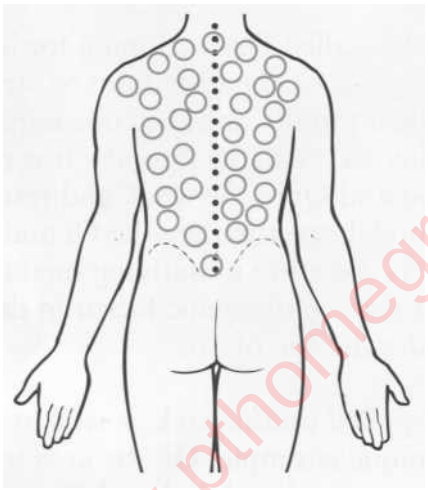


Fig.7.5 Empty cupping method. During this method of treatment up to 10 cups can be employed at the same time.



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technique in order to purge foul blood, which was considered the source of disease, from the body. Leeches were also widely used for the same purpose. Today this method is used in the treatment of a sudden increase in blood pressure, high fevers, Blood stasis, and in discharging pus from boils and furuncles, which represents Excess, with Blood-Heat, Blood-poison and Stagnation. Bleeding cupping is also administered to treat a variety of sports injuries (see Chapter 14). From this description it can be seen that this method is only suitable for adults with strong, Excess (Shi) energies, and not for children or the elderly. Most Middle Eastern patients almost *insist* on having Bleeding cupping when visiting my clinic, the majority of whom I refuse to treat because of their inappropriate current energetic constitution. To a great extent the majority of Middle Eastern countries still practise Bleeding cupping as the only method, sometimes compromising the health of the patient.

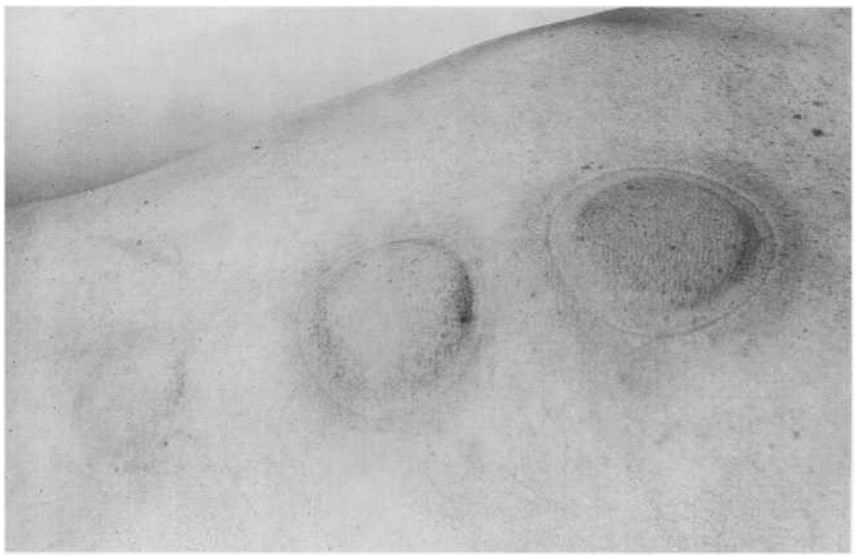

Fig.7.6 Following the Empty cupping treatment, no significant cupping marks should appear on the skin.

The Dazhui (DU-14) point on the first thoracic vertebra is the point which is empirically bled during treatment. Have the patient sitting on a chair, resting and supporting his head on a pillow in front of him. Sterilise the Dazhui point with alcohol and make a very small incision (0.5 cm or the length of a rice grain) with a surgical blade or, using a Plum-Blossom needle, firmly tap the point for a short time to cause bleeding (Fig.7.7). I normally use the latter technique. Once the point is bled, choose a large cup (size 4 or 5) and apply a Strong cupping method to the point. The blood will quite quickly be observed being drawn slowly into the cup (Fig.7.8; see also Plate 4 in the colour plate section). If the incision is adequate, between 20 and 100 ml of blood can be drawn into the cup. However, if the patient is taking any type of anticoagulant drug this may result in more bleeding.

Removing the cup also requires attention and care; refrain from hurrying as this may cause the blood to spill or spray from the cup. Within a maximum of 5 minutes the bleeding should stop. If the bleeding continues, apply finger pressure on the cut for a few minutes. Most of the blood in the cup will be only semicoagulated and therefore still quite fluid. Before removing the cup, the practitioner should wear disposable surgical gloves on both hands, providing protection from direct contact with the blood. If the patient is in a prone position, ask them to sit upright and place a large paper towel under the cup with one hand. While pressing the upper edge of the cup with the other hand, remove the cup in an upward motion, making sure that the mouth of the cup remains covered with the paper towel at all times. Alternatively, ask the patient to roll over to one side, lifting one shoulder off the pillow. Once in this

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Fig.7.7 (A,B) Bleeding cupping. Before the cupping application, bleed the point using a Plum-Blossom needle or a blade and nip a small, 0.25 cm cut.

position the practitioner can easily remove the cup without any spillage of blood (Fig.7.9). Once the cup is removed cover the cut with a plaster. It is not recommended to bleed more than once a month, and not draw more than 100 ml of blood at any one time.

Herbal Cupping - Yao Guan Fa (tonifying method)

For this method one requires a few bamboo cups, a relatively deep pan, water, metal clamps, some form of fire, and herbs in a prescription based on the treatment. Put the herbs and the

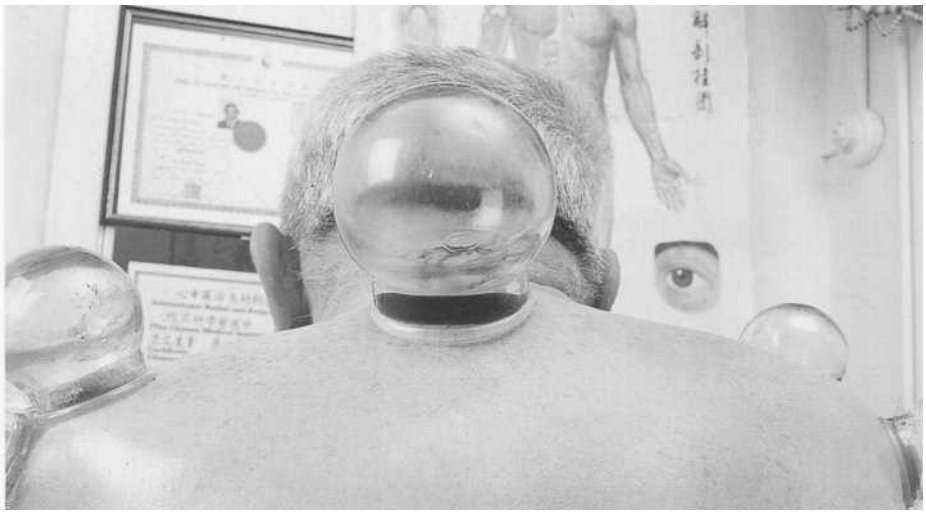

Fig.7.8 Application of a cup over the bleeding point. Up to 100 ml of blood can be extracted by this method.

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Fig.7.9 Removal of the cup. Wear surgical gloves and hold extra paper towels to the mouth of the cup before gently removing it.

bamboo cups into the deep pan and cover them with water (glass cups become too hot and are therefore not suitable for this method). Bring the water to the boil and simmer for 30 minutes (Fig.7.10). Prepare the patient in the normal way, and expose the part to be cupped. When practitioner and patient are both ready, lift one cup at a time out of the pan with a metal clamp (Fig.7.11). Wait briefly to ensure that the bamboo cup is not too hot or that boiling water is not falling on the patient, then apply the cup in the normal fashion using fire and cotton wool. Once again, extra caution must be observed not to cause burns or blisters with hot cups or hot water dripping onto the skin.

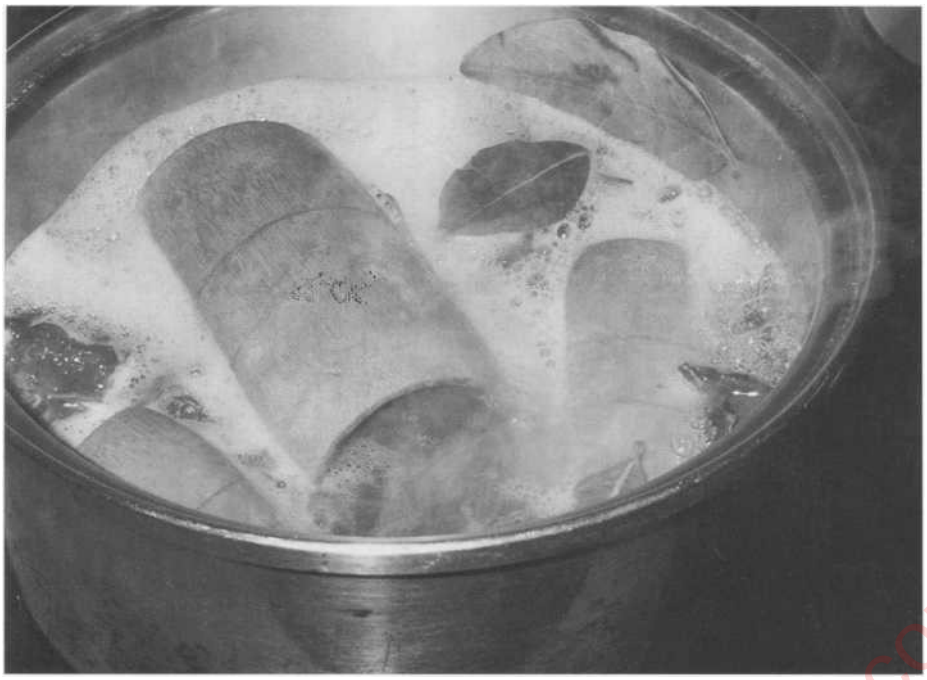

Fig.7.10 Herbal cupping. Herbs, according to prescription, are boiled together with bamboo cups.

Fig.7.11 Long metal clamps are necessary to lift the cups out of the boiling decoction.

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The best precaution is to try the cups on your own skin before applying them to the patient.

The herbs are absorbed by the bamboo cups, which in turn transfer their healing properties to the patient. This method is usually employed when external pathogens such as Cold, Damp and Wind attack the body, causing stiffness and aching, particularly in the neck and shoulders (common cold, asthma and cough). Although this treatment is not recommended for

children of any age, it is particularly beneficial for the elderly and the frail with Blood and Qi-Xu. I personally do not often practise this method as it requires rather a long time to prepare and administer, and is therefore not very practical in a busy clinic. Cups can be left on for between 10 and 20 minutes.

A sample herbal prescription to be used in the case of a patient suffering from cold with painful joints is as follows: Ma Huang *(Epbedrae),* Qiang Huo *(Notopterygii),* Du Huo *(Angelicae pubescentis),* Fang Feng *(Ledebourielae divaricatae),* Qin Jiao *(Gentianae Qinjiao),* Mu Gua *(Cbaenomelis),* Liu ji Nu *(.Artemisia anomala),* Ru Xiang *(Olibanum gummi)* and Mo Yao *(Myrrha).*

Precaution

Following the boiling process some steam remains inside the cup, resulting in a pressure build-up which pushes the cup away from the skin. This can be rectified by resting the hot bamboo cups on a dry towel for up to a minute in order to absorb the excess water, at the same time reducing the pressure inside the cup.

Water Cupping - Shui Guan Fa (even method)

See DVD

As far as I am aware this is one of the least used and practised cupping methods. First, the practitioner needs to be quite experienced and fast to use this particular method; secondly, it can be quite messy if not correctly applied at the first attempt.

The technique involves filling a glass or bamboo cup one-third full with warm water and employing the cupping process in a rather quick fashion. Hold the cup close to the patient with one hand, bring it close to the point to be cupped and insert the burning cotton wool, swiftly and simultaneously turning the cup onto the skin. When performed properly, no water spillage occurs. If the application is performed slowly some water spillage is inevitable. This should, however, present no problem as the water used is only warm and will cause no harm.

Pistol-handle cupping apparatus is also suitable for this method. Quarter fill the cup with warm water and place it on the desired location. Extract the air by using the pistol pump. Although removing the cup may cause anxiety with some practitioners, when the correct removing technique is followed there is no need for apprehension or panic! Firstly, make sure that the skin is oiled liberally with massage oil before employing Water cupping. When the desired cupping time is over, hold the cup

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Fig.7.12 (A-C) Water cupping. **(D)** Sliding the water up over the shoulder. **(E)** Removing the water cup.

with one hand while supporting the skin close to the cup with the other. Start moving/sliding the cup towards the outer aspect of the body, i.e. over the shoulder. This way the cup can be removed without getting the patient wet (Fig.7.12).

The Water cupping technique disperses the inhibited Lung-Qi, regulates the Lung-Qi and resolves Phlegm.[1] As such, it is especially beneficial for asthma sufferers, as well as for Wind-Cold or Wind-Damp rheumatic conditions, localized swellings and pain. It is said to be particularly beneficial in the treatment of dry cough and asthmatic conditions in children when used on BL-13 (Feishu). There are usually no dark cupping marks left with this method.

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Chapter 8

Cupping Therapy on Children

From the very first week of opening my practice in Melbourne, Australia, I have been treating children with both acupuncture and cupping. However, it was not until I studied paediatric acupuncture in England, with Julian Scott, who is a prominent acupuncturist and a teacher on the subject, that I discovered the full potential of Chinese Medicine in the management and treatment of children's diseases.

Children in general respond well and do not mind cupping therapy (Fig.8.1; see also Plate 5 in the colour plate section). They certainly prefer it to acupuncture! Children under the age of 7 require just a little extra care and patience during treatment, as at this age they are quite unpredictable: one minute they appear quite calm and relaxed, and the next, with little warning, they can turn quite the opposite: weepy, angry and restless. It should also be remembered that the skin of a child of this age is extremely sensitive and vulnerable. I would certainly not recommend any method of cupping for children under the age of 4. It is also worth bearing in mind that some children are afraid of fire. Before the treatment proceeds, therefore, the

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Fig.8.1 Children are quite relaxed during cupping treatment.

accompanying parent should be given a full explanation of the cupping procedure to gain their cooperation. If necessary, apply a small cup to the inside of the parent's arm, and let the child touch and feel the cup. Distraction of any kind by the parent will help to relax the child, inspire confidence and divert the child's attention from the practitioner during the application.

Small glass cups (size 1-2) are the most suitable for children under 7; sizes 2 and 3 can be used for children under 16. The golden rule to follow when treating children under 7 is that the maximum treatment time allowed is just 5 minutes, and for those between 7 and 16, a maximum of 10 minutes. The strength of the cups should also be Empty, Weak or Medium; Strong, Moving, Needle, Moxa or Full methods should *never* be employed on children under the age of 16. For those practitioners who have limited experience of treating children, I would strongly recommend the use of cupping apparatus that does not require fire, i.e. rubber cups, pistol handle cupping sets and screw-top cupping sets. Children also mark and blister easily, and a close watch is consequently needed at all times. A gentle massage after the cupping treatment will take away the apprehension and relax the child, and at the same time build a good rapport for future treatment.

In China, cupping treatment is employed daily, and 10 treatments constitute a single course. In the West, as with acupuncture, treatment once weekly is considered normal. However, treatment up to three times a week is possible when dealing with acute conditions such as fever or Wind-Cold attack. Bamboo cups are contraindicated during the treatment of children's conditions due to their sharp edges which may cause a cut on delicate skin, and the inability of the practitioner to monitor the condition of the skin during the process.

The most common children's ailments treated by cupping therapy include asthma, the common cold and digestive complaints. Usually the Back-Shu and the abdominal points are cupped. For a more comprehensive study on children's treatment with Chinese Medicine, see Scott.[1] See also Chapter 12 (Notes on miscellaneous disorders).

Reference

1. Scott J 1991 Acupuncture in the treatment of children. Eastland Press, Seattle

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Chapter 9

Cupping Therapy on Adults

When cupping therapy is employed on adults it is extremely difficult to categorize and select the treatment modality using age alone as a guide. I cannot think of a general formula that could be put into practice according to age. Therefore, almost always, observation, listening, tongue and pulse diagnosis should be used to determine the correct cupping method and duration for each particular patient. No matter how strong or healthy the patient may appear to be, the above precautions will ensure the correct cupping application. In this way the patient receives the full benefit, instead of the possibility of their existing energies being depleted as a result of the wrong method being chosen. Avoid performing unnecessarily long sessions of cupping, especially during the first and second visits, as this can also deplete Qi. Also, during the first and second visits, use Weak to Medium methods in preference to the more draining methods mentioned in Chapter 7.

A 'dizzy' or 'light-headed' feeling post treatment is a common complaint among patients over 60 years of age. To prevent this, help the patient to get up from the couch when the session is over, and allow them a few minutes before they get dressed. Generally speaking, patients under the age of 60 tolerate cupping quite well. Once or twice weekly treatment can safely be administered (with the exception of Bleeding cupping). When treating patients over the age of 60, and in particular over the age of 70, more attention has to be directed towards their skin condition. This is the age where the skin is dehydrated and the subcutaneous fat content much reduced, causing the skin to become emaciated and fragile. It is also common to observe bruising marks under their skin, sometimes caused by a knock or the medication they are on. Avoid direct cupping therapy on such bruises. Never, ever, apply Strong or Moving cupping on such dehydrated skin conditions. Cupping marks will also take longer to dissipate and vanish completely.

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Chapter 10

How Often Can Cupping be Applied?

In Far Eastern countries such as China, Vietnam and Korea, and in particular in Chinese hospitals, cupping is applied every day until the patient gets better. Children and adults are treated similarly. Ten sessions are considered as one course, and a week of rest is given between courses. In the West, however, once a week is considered the normal frequency. The concept of pain differs considerably between East and West. The expectations are also quite different. Where Eastern patients generally have a higher pain threshold, the reaction of Westerners is just the opposite. Maybe the saying 'no pain, no gain' is appropriate here!

When treating children under the age of 16, once-a-week treatment is considered the acceptable frequency. Adults under the age of 60 can be treated as much as twice a week (with the exception of Bleeding cupping). For adults over the age of 70, once-a-week treatment is sufficient. Flowever, as mentioned earlier, during the 'acute' stage of disease, three times a week or even treatment once every other day can be given with favourable result. Similarly, in all age groups when Light, Empty or Light-moving cupping is employed, treatment frequency can be increased to as much as once every other day. This is because Blood, Qi and the lymphatic fluids are gently stimulated rather than forcefully manipulated, overtaxing the whole energetic and metabolic system.

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Cupping Therapy in the Treatment of Common Disorders

Introduction

The treatment of diseases by cupping has long been practised by eminent English surgeons. Samuel Bayfield, in 1823, gave a detailed list of conditions and cupping sites to his readers: 'The Scalp: hair must be shaved off, and a small mouthed Glass will generally be required; the Occiput; the Temple; the Nape of the Neck; behind the Ears to promote Sleep; the Lower Jaw; the Trachea; the Trapezius and Deltoid Muscles; the Chest, the Abdomen; the Back, Loins and Nates; the Thigh and Leg; the Perineum; on the Dorsum ilii and each side of the Knee Joint.'

In this chapter, some disorders and the treatment methods employed are discussed in the context of patient history, as they are presented in a clinical situation. The main therapies practised in my clinics are Traditional Chinese Medicine Acupuncture and Chinese Herbal Medicine. Therefore, the use of acupuncture points and some herbal prescriptions, together with the aetiology and pathology of the disorder, will be discussed, but not in great detail, as I feel this is not the aim and purpose of this book. The therapies and remedies offered are based on my own clinical experience. The herbal remedies described are not intended for self-prescription: a full knowledge of Chinese herbs and their uses is necessary for the correct administration of these prescriptions.

The therapy of cupping is therefore integrated with acupuncture treatment in as many as 80% of clinical cases, except in Chapter 14 (Sports injuries) and Chapter 15 (Myofascial trigger points cupping therapy), sections where only the cupping therapy application is mentioned. Case histories will be discussed alongside the various disorders.

When explaining the location of cupping points, body landmarks and their proximities are used with supporting drawings and pictures. The Pin Yin acupuncture nomenclature, with traditional

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cun measurements, is also included. The locations of the acupuncture points are explained in Chapter 14. The anatomical locations and herbal prescriptions are described with help from the following works: *Essentials of Chinese Acupuncturef Illustrated Dictionary of Chinese Acupuncture*,[2] *Anatomical Atlas of Chinese Acupuncture Points*,[3] *The Foundations of Chinese Medicine*,[4] *Grasping the Wind,*[5] *Chinese Herbal Medicine Formulas and Strategies.*[6]

Cupping treatment is usually employed on bilateral acupuncture points, i.e. on both sides of the Bladder channel the BL-23 Shenshu points, unless indicated otherwise.

Therapists who do not use acupuncture and wish to activate the prescribed acupuncture points can do so by stimulating them using cupping, massage, acupressure, shiatsu or other tactile techniques.

The cun is a Chinese measuring unit of approximately 1 inch (when the middle finger is flexed, the distance between the two interphalangeal joint creases is measured as 1 cun); each person's cun measurement is therefore unique (Fig.11.1).

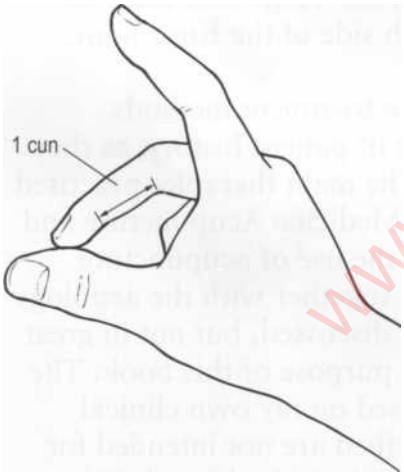

Fig.11.1 Cun calculations are made according to the patient's size and not the practitioner's.

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Abdominal Pain

Abdominal pain is pain around and below the umbilical region. It is a very commonly seen condition, especially in children.

Aetiology and Pathology

Abdominal pain may be due to a digestive problem or perhaps be gynaecological in origin. In children it is usually caused by overeating or too great a consumption of cold food and drink. The rule of thumb is, if the onset of pain is after the consumption of food or a drink, or is accompanied by diarrhoea or constipation, it is most likely to be digestive in origin. Abdominal pain associated with menstrual cycle disorders, such as dysmenorrhoea or irregular periods, indicates the probability of a gynaecological dysfunction.

Treatment

Digestive Origin

Treatment principle Regulate the Spleen and the Stomach, remove Food obstruction or Cold (if Cold is present it causes contractions manifested by pain, especially in children).

Application

Cupping therapy Medium to Weak cupping on CV-12 Zhongwan, Liv-13 Zhangmen and BL-20 Pishu.
Reported additional cupping points in the treatment of digestive diseases:[1] 45 cases of *acute dysentery* treated by cupping after diagonal needling and bloodletting around the umbilicus; *acute and chronic gastroenteritis* with cupping of ST-19 Burong, ST-22 Guanmen, ST-25 Tianshu and ST-24 Huaroumen as the main points and supplemented with Ren-4 Guanyuan, ST-36 Zusanli and BL-21 Weishu, with very good results.

Children's digestive disorders

Forty-five cases of simple *uncomplicated indigestion* have been reported[1] to have been cured with cupping of BL-25 Dachangshu with up to five treatments. For *childhood diarrhoea* cupping of CV-8 Shenque, BL-20 Pishu, BL-21 Weishu, BL-25 Dachangshu and BL-17 Geshu, with optional bleeding of Sifeng Extra, can be used. For *chronic childhood diarrhoea* cupping of DU-1 Guiwei (Changqiang) or CV-8 Shenque, CV-6 Qihai, ST-25 Tianshu and DU-1 Changqiang is useful (personal communication, Chen Bin, 1995).

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Cupping Duration

Children

- Under 5: 2-3 minutes, Empty or Light cupping
- 5-7: up to 10 minutes, Empty or Light cupping
- 7-14: up to 15 minutes, Light or Medium cupping.

Adults

- Young adults: Medium cupping, up to 20 minutes
- The weak and frail: Weak or Empty cupping, up to 10 minutes.

Acupuncture ST-36 Zusanli, CV-12 Zhongwan, Liv-13 Zhangmen, SP-6 Sanyinjiao and BL-20 Pishu; for children with food accumulation, add Sifeng (M-UE-9). All are tonifying methods, with the exception of Sifeng, which is draining.

Moxibustion If Cold is present, moxa and warm the umbilical region: CV-3 Zhongji, CV-4 Guanyuan, CV-6 Qihai, CV-8 Shenque, CV-10 Xiawan, CV-12 Zhongwan and the back points between BL-20 Pishu and BL-28 Pangguangshu.

Explanation ST-36 tonifies the Spleen and the Stomach. CV-12 (Lront-Mu point of the Stomach) regulates Stomach energy. Liv-13 (Lront-Mu point of the Spleen) regulates Spleen energy and alleviates pain. SP-6 regulates the Middle. BL-20 strengthens the Spleen and the Stomach. Sifeng is an Extra point, especially used in children for clearing accumulation disorders.

Herbal Remedies

Cold-induced disorders

- Sheng Jiang (*Rhizoma zingiberis officinalis*, ginger) is a great remedy, taken as tea or added to food during preparation. It warms the Stomach/Spleen, clears Cold, stops nausea and improves the energy; it is a particular herb for the treatment of nausea.
- Xiao Hui Xiang *(Fructus foeniculi vulgaris*, fennel fruit) is an excellent herb for Cold- and Wind-induced pain, especially in children.
- Gan Cao (*Radix glycyrrbizae uralensis,* liquorice root) strengthens the Stomach/Spleen, clears Heat, alleviates pain and softens the stools.

Gynaecological Origin

Treatment Principle Move Qi and Blood, remove Stagnation or Cold if present.

Application

Cupping therapy Medium to Weak cupping on Liv-13 Zhangmen, Medium to Weak cupping on the points of ST-29 Guilai and BL-32 Ciliao.

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Cupping Duration For all ages not more than 15 minutes.

Acupuncture LI-4 Hegu, Liv-3 Taichong (draining method), ST-29 Guilai, SP-10 Xuehai, SP-6 Sanyinjiao, SP-4 Gongsun, P-6 Neiguan and BL-32 Ciliao (all tonifying method).

Moxibustion Moxa the points between the umbilicus and the pubic bone when Cold is present.

Explanation LI-4 and Liv-3 clear blockages from the channels, relieve Liver-Qi stagnation and stop pain. ST-29 is the local point to benefit the uterus, regulate Blood and stop pain. SP-10 regulates Blood. SP-6 tonifies the three Yin (Kidney, Liver and Spleen). SP-4 and P-6 are the influence points for the Yinwei and the Chong channels, benefiting the uterus. BL-32 benefits the uterus, and is also considered an Empirical point for treating gynaecological conditions.

Herbal Remedies

- Sheng Jiang *(Rhizoma zingiberis officinalis*, ginger) is a great herb for relieving Cold and improving the circulation.
- Yi Mu Cao *(Herba leonuri heterophylli,* motherwort) is a common herb used by Western and Chinese practitioners alike for the treatment of gynaecological disorders, such as menstrual pain and postpartum abdominal pain; it also invigorates the Blood and stops pain.
- Ai Ye *(Folium artemisiae argyi,* mugwort leaf) is a very popular herb, especially when Cold is present; it warms the uterus and stops bleeding.

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Precaution

Because the abdominal region is fleshy and very sensitive, even Light or Medium strength cupping is enough to cause hyperaemia (cupping marks) and blistering when administered for long periods of time. One should also note that suction applied to the abdomen will draw more flesh into the cup than anywhere else on the body. This should, however, present no problem, as the strength should only be Light or Medium.

Cupping is also applicable during the menstrual period.

CASE STUDY 1(A): Abdominal Pain

Male patient
Age 45

Complaint Stomach pain and tiredness, suffered for over 10 years.

Present Medication Nothing now, but he has taken various medications for many years with little or no effect.

Pulse Faint, at all levels.

Tongue Pale, with a thin white coating (he was scraping his tongue daily). In some cultures, especially on the Indian continent, most people scrape the coating from their tongue first thing in the morning as part of their oral hygiene.

Observation He was of a good build, working as a store manager; he exercised three times a week, played golf at weekends; he liked beer, drinking 8-10 pints a week, and ate irregular meals.

Diagnosis This is a deficiency condition, caused by excessive consumption of cold drinks and irregular eating habit: the Stomach/Spleen Yang-Qi is injured. Cold Spleen also fails to nourish the Blood, hence the tiredness.

Treatment Principle Warm the Middle and remove the Cold, regulate the Spleen/Stomach and stop the pain.

Application

Cupping therapy CV-12 Zhongwan, Liv-13 Zhangmen and BL-20 Pishu, all Light to Medium cupping, for 10-15 minutes on each visit (Fig.11.2).

Acupuncture ST-36 Zusanli, SP-6 Sanyinjiao, CV-6 Qihai, CV-12 Zhongwan, Liv-13 Zhangmen, BL-20 Pishu and BL-23 Shenshu, all tonifying method.

Moxibustion Moxa was applied on each visit to the abdominal points between CV-3 Zhongji and CV-12 Zhongwan, and the lower back points of BL-20 Pishu and BL-23 Shenshu, for 10 minutes.

Explanation BL-23 tonifies the Kidneys and benefits the Energy; the rest of the points all regulate and harmonize the Stomach/ Spleen-Qi. Moxibustion warms and tonifies the Stomach, the Spleen and the Kidney-Qi. Cupping on the above points stimulates and regulates the Stomach, Spleen and Kidney-Qi, and removes the Cold from the above internal organs.

Prognosis The patient was advised to reduce the amount he drank and to eat more regular meals, to introduce fresh ginger into his diet (he did not like ginger), eat warm soup before his meals, and to wear more clothes while at work (he only wore a T-shirt while working because he felt hot). After 10 treatments the Stomach pain disappeared but he still felt tired; he was still drinking as heavily as before! More treatment was necessary but he could not afford the cost.

Comment The continuous drinking was damaging the patient's Spleen and Stomach-Yang, but he refused to acknowledge this. The persistent tiredness was the result of a heavy working schedule, many sporting activities and too great a consumption of cold beer.

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CASE STUDY 1(B): Abdominal Pain

Female patient

Age 32

Complaint Lower abdominal pain before periods, lower back pain most of the time, nasal blockage and feeling cold, even during the summer, for over 2 years.

Present Medication Taking the contraceptive pill, and also various vitamin supplements.

Pulse Faint, at all levels.

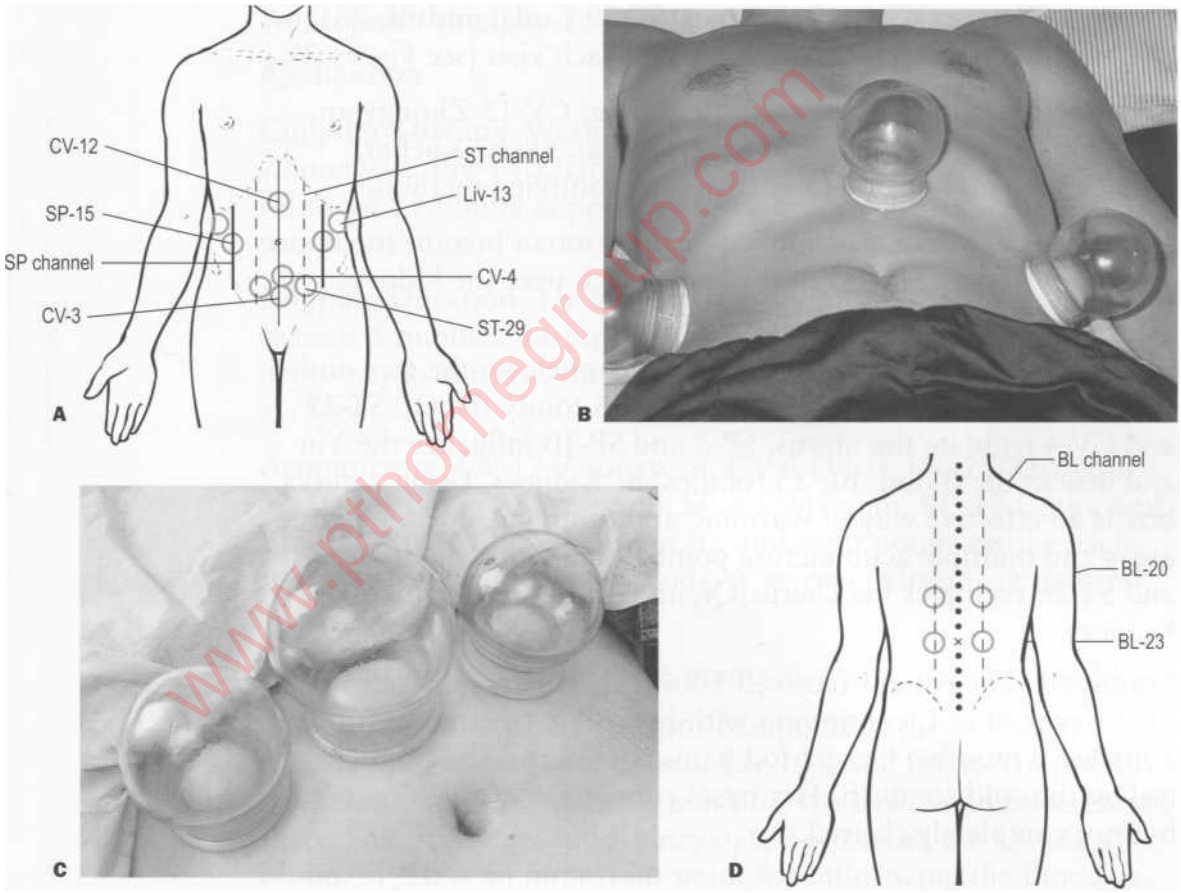

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Fig.11.2 (A) The most-used abdominal points during cupping treatment for abdominal complaints. **(B)** Treating abdominal pain of digestive origin. (C) Treatment abdominal pain of gynaecological origin. **(D)** Two of the most-used points on the back, the Back-Shu points of BL-20 and BL-23.

Tongue Swollen and extremely pale, no coating.

Observation The patient was over 6 feet tall with a good body weight. She works long hours on the Stock Exchange floor, on her feet for 8-10 hours a day. She swims and exercises up to three times a week. She eats healthy food, except for her lunch break, when she has a sandwich or just a drink. She likes socializing and is out almost every night until late. A very intelligent and mentally alert person, she is aware that she is 'burning the candle at both ends' but cannot help it!

Diagnosis Kidney-Yang deficiency.

Treatment Principle Tonify the Kidney-Yang, warm the Middle and clear Phlegm.

Application

Cupping Therapy CV-4 Guanyuan, ST-29 Guilai and BL-23 Shenshu, Light cupping, for 10 minutes each visit (see Pig. 11.2).

Acupuncture LI-4 Hegu, LI-20 Yingxiang, CV-12 Zhongwan, CV-6 Qihai, CV-4 Guanyuan, ST-29 Guilai, SP-10 Xuehai, SP-6 Sanyinjiao and BL-23 Shenshu, all tonifying method.

Moxibustion Moxa was applied, using a moxa box, to the upper and lower abdomen, and to the lower back over the kidneys (BL-23), on each visit for 10 minutes.

Explanation LI-4 and LI-20 open the channels on the face and clear the nasal blockage. CV-12 and CV-6 tonify the Qi. ST-29 and CV-4 regulate the uterus. SP-6 and SP-10 influence the Yin and benefit the Blood. BL-23 tonifies the Kidneys. Using a moxa box is an effective way of warming and tonifying, covering large areas and multiple acupuncture points. Light cupping on CV-4 and ST-29 regulates the Uterus-Qi, and on BL-23 it tonifies the Kidneys.

Prognosis The patient received 10 weekly treatments followed by 4 weeks of rest, continuing with bi-weekly treatments for a further 3 months. Her period pains ceased and she stopped feeling the cold so much. Her nasal congestion is much reduced but not completely cleared.

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Anaemia

This is a Blood disorder characterized by a reduction in the number of red blood cells in the circulation. The normal haemoglobin values for men are 8.7-11.2 mmol/1, and for women 7.8-10.5 mmol/1. The lower values in women are the result of monthly blood loss during menstruation.

Aetiology and Pathology

The patient appears pale and lethargic, often complaining of headaches, dizziness, tiredness on the slightest exertion, and loss of appetite. Lack of iron, folic acid or vitamin B12 is the main cause of anaemia according to Western medicine. The treatment is therefore to identify the missing agent and replace it, e.g. by prescribing iron supplements. In TCM, however, this condition is clearly seen as a deficiency of the Spleen and Stomach-Qi. Blood is produced by the Spleen from the food we eat. Therefore, the Spleen and Stomach are the cardinal organs in Blood production.

Treatment

Treatment Principle Tonify the Spleen and Stomach.

Application

Cupping Therapy Weak to Medium strength cupping on CV-12 Zhongwan, Liv-13 Zhangmen, BL-17 Geshu and BL-21 Weishu, followed by Empty cupping to the whole of the back, in the prone position.

Cupping Duration The maximum cupping time permissible in all cases is 5 minutes during each visit. As mentioned earlier, this is a deficiency syndrome, therefore long sessions of cupping should be avoided.

Acupuncture CV-12 Zhongwan, CV-6 Qihai, Liv-13 Zhangmen, SP-10 Xuehai, ST-36 Zusanli, SP-6 Sanyinjiao, BL-17 Geshu and BL-20 Pishu. Choose between six and eight points during each treatment, all tonifying methods. A warm environment and rest are also advised.

Moxibustion Moxa the same points as above, daily if possible.

Explanation CV-12 is the Lront-Mu point of the Stomach; it tonifies the Stomach and Spleen. Liv-13 is the Lront-Mu point of the Spleen, and the influence point for the five Yin organs (Heart, Liver, Spleen, Lungs and Kidneys). CV-6 tonifies the Qi and Blood. SP-10 is an important point for influencing the Blood: it cools the Blood and also removes Blood stasis. BL-17 is a special point that nourishes and invigorates the Blood. BL-21 is the Back-Shu point of the Stomach, used for tonifying the Stomach and Spleen-Qi. Moxibustion before or after acupuncture, but before the application of cups, warms and tonifies the Spleen and benefits the Qi and Blood.

Herbal Remedies Diet is a big consideration when treating anaemia. The Spleen likes warm food and drinks, especially warm soup. Warm chicken soup with rice and a piece of ginger

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is my favourite recipe for a weak Spleen. Pulses are rich in iron but are also relatively difficult to digest, especially with a weak Spleen. They should be introduced into the diet once the appetite improves.

Popular Chinese herbs for tonifying the Qi and Blood are:

- Ren Shen *(Radix ginseng)* tonifies Qi and Blood
- Shan Yao *(Radix dioscoreae oppositae,* Chinese yam) tonifies the Spleen and Stomach
- Da Zao *(Fructus zizypbi jujubae,* dates) nourishes the Blood
- Gan Cao *(Radix glycyrrbizae uralensis,* liquorice root) tonifies the Spleen and Stomach
- Dang Gui *(Radix angelicae sinensis)* tonifies and invigorates the Blood
- Sang Shen *(Fructus mori albae,* mulberry fruit) tonifies the Blood and the Kidney-Yin.

Precaution

The patient may feel slightly dizzy or disorientated for a few minutes after treatment, and should not be discharged quickly if this occurs. A cup of warm herbal tea and a few minutes' rest is all that is needed.

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CASE STUDY 2: Anaemia

Female patient
Age 30

Complaint Feeling tired and dizzy since giving birth to twins 6 months ago.

Present Medication Has been taking iron tablets for the last 6 months, but complains of constipation and still feels extremely tired and light-headed most of the time.

Pulse Faint, at all levels, almost imperceptible at the Kidney pulse.

Tongue Pale body, no coating.

Observation The delivery of the twins was difficult and with complications: she nearly lost both children. A very slim-built lady, she has a 7-year-old, very active daughter. The twins are not sleeping particularly well and wake up between three and five times a night. She has no help at home, and her husband goes to work early and comes home late. Her appetite is good but she always eats in a hurry and while on the go, seldom sitting at the table for more than 5 minutes before she has to get up again. She also has a constant fear that something horrible is going to

happen to the children; therefore she feels the need to be with them and watch over them all the time. This in particular results in her being physically and mentally very tired and restless.

Diagnosis A deficiency of the Kidney-Qi and Blood, failing to nourish the Heart. The complications and the blood loss during the delivery of the twins have left her Blood and Qi deficient. Lack of sleep and having to take her 7-year-old daughter to school daily have depleted her Kidney energy.

Treatment Principle Tonify the Blood and the Kidney-Qi, and nourish the Heart.

Application

Cupping Therapy Light to Medium cupping for 10 minutes, on CV-12 Zhongwan, Liv-13 Zhangmen, CV-6 Qihai, BL-20 Pishu and BL-23 Shenshu, followed by Empty cupping on the whole of the back, for 5 minutes only (see Plate 6 in the colour plate section).

Acupuncture CV-12 Zhongwan, CV-6 Qihai, Liv-13 Zhangmen, SP-10 Xuehai, K-3 Taixi, BL-20 Pishu and BL-23 Shenshu, all tonifying methods. H-7 Shenmen, Anmien Extra, BL-15 Xinshu and BL-44 Shentang, reducing methods to all four points.

Moxibustion Moxa applied to the abdominal, leg and lower back points, for 15 minutes on each visit. CV-12, CV-6, Liv-13, SP-10, K-3, BL-20 and BL-23.

Explanation CV-12, CV-6, Liv-13, SP-10 and BL-20 all tonify the Stomach and Spleen-Qi and benefit the Blood. K-3 and BL-23 tonify the Kidney-Yang. H-7, BL-15 and BL-44 all nourish the Heart Blood and calm the mind. Anmien Extra calms the mind and alleviates anxiety. Empty cupping to the back of the body improves the Qi and Blood circulation without causing further energy depletion.

Prognosis The patient has completed one course of 10 visits and feels much more energetic, with fewer dizzy spells. The unreasoning fear continues to bother her, especially when she hears or reads particularly bad news. She continued with monthly booster treatments for a further 8 months, and now feels more in control and has less fear. She recently discontinued her treatment, feeling altogether better.

Asthma

One of the most commonly seen complaints in the clinic is the respiratory condition of asthma, which seems to be increasing, especially in children. I am particularly pleased that parents take their children to the alternative practitioners much earlier

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than we have seen in the past. The most common clinical manifestation of asthma is a severe shortness of breath, which is very distressing. An allergy, for example to food, dust, air pollution, particular perfumes, house-mites, cat or dog hair, or stress, can be responsible for the actual attack, but it is not always possible to identify the culprit. Most asthmatic children grow out of it by the time they reach their teens. In adulthood late-onset asthma is very common, especially after retirement age.

Aetiology and Pathology

In TCM 'wheezing' is looked upon as the first indication of asthma. During sleep, at rest or on exertion, wheezing, often accompanied by coughing or shortness of breath, is a clear indication of Lung-Qi deficiency. In general there are two types of asthma: the Deficient (empty) type, and the Excessive (full) type. In the Excessive type the Lung-Qi is exhausted as a result of invasion by Wind-Cold or Wind-EIeat, and the onset is usually sudden. In the Deficient type the Lung-Qi deficiency is also accompanied by Kidney-Qi deficiency, and the manifestation is more of a chronic nature. In my own experience it is very rare that an alternative practitioner will see an asthmatic patient during the actual attack. The treatment is therefore mainly concentrated between the attacks, or is of a preventive nature.

In Deficient asthma the clinical manifestations are wheezing, shortness of breath, pallor, tiredness, a feeble continuous cough and cold extremities.

The clinical manifestations of Excessive asthma are a raised temperature with a red face and cheeks, wheezing, an intense cough, stuffy chest with exuberant, thick yellowy phlegm and shortness of breath. Children often suffer from the Excessive type of asthma because their Protective-Qi is underdeveloped. According to Julian Scott, weaknesses in children's digestive organs, such as 'the Spleen and Stomach deficiency' and excessive consumption of 'rich food', are a major contributory factor to the production of Phlegm, which causes a blockage in the lungs, resulting in shortness of breath.

There are two deficient patterns: Lung and Kidney-Yin Deficiency, and Lung-Qi with Kidney-Yang Deficiency. Lung and Kidney-Yin Deficiency manifests itself as a chronic long-term condition, with more frequent night attacks. The patient feels restless and hot, and because of the Lluid (Yin) deficiency, thirst, dry throat and night sweats accompany the wheezing and shortness of breath. The Lung-Qi and Kidney-Yang deficiency pattern also presents as a long-term

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condition, with more Cold features, such as cold limbs, curling up in bed, backache and frequent urination, accompanied by wheezing and shortness of breath. The patient's abdomen and lower back are extremely cold to the touch.

Treatment

Deficient Asthma

Lung and Kidney-Yin Deficiency

Treatment Principle Remove the external pathogen, nourish the Lungs, tonify the Stomach/Spleen and the Kidneys, resolve Phlegm and stop the coughing.

Application

Cupping Therapy Light to Medium cupping on CV-12 Zhongwan, Liv-13 Zhangmen, Dingchuan Extra, BL-13 Leishu, BL-20 Pishu and BL-23 Shenshu. Use the Empty method on the Back-Shu points if the patient is listless and lethargic (Lig.11.3).

Reported Additional Cupping Points in the Treatment of Asthma Chronic bronchitis[1] was treated with cupping to DU-14 Dazhui, DU-12 Shenzhu, BL-11 Dashu, Dingchuan Extra, BL-13 Leishu, BL-12 Lengmen, BL-14 Jueyinshu, BL-15 Xinshu, CV-22 Tiantu, CV-17 Shanzhong, CV-20 Huagai and LU-1 Zhongfu, cupping alternately the front and the back points. Cupping was more effective for a tickling sensation in the throat, expectoration and coughing, but less effective in the treatment of tight chest and shortness of breath. A different prescription for asthma is cupping of the area between DU-14 Dazhui and BL-13 Leishu, after needling DU-14 Dazhui, BL-12 Lengmen and BL-13 Leishu. Several asthmatic patients at Yuzhong, Gansu Province,[2] were treated with Water cupping on BL-13 Leishu and ST-15 Wuyi.

Cupping Duration

Children

- Under 5: 2-3 minutes of Weak or Empty cupping
- 5-7: up to 10 minutes of Weak or Empty cupping
- 7-14: up to 15 minutes of Weak or Medium cupping.

Adults

- Young adults: Medium to Strong cupping, up to 20 minutes
- The weak and the frail: Weak or Empty cupping, up to 10 minutes.

Acupuncture Tonifying method of acupuncture to CV-12 Zhongwan, Liv-13 Zhangmen, ST-36 Zusanli, LU-5 Chize,

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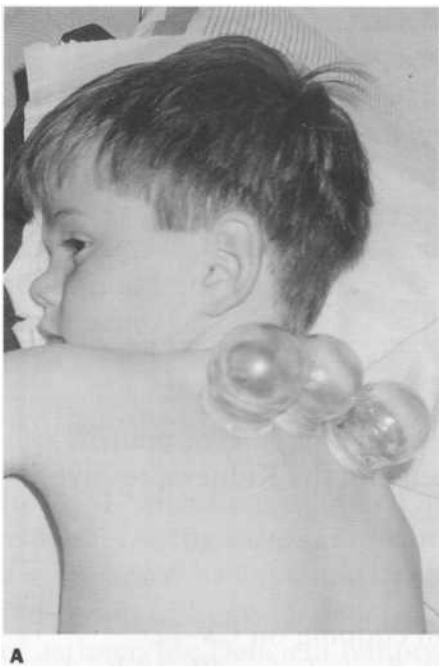

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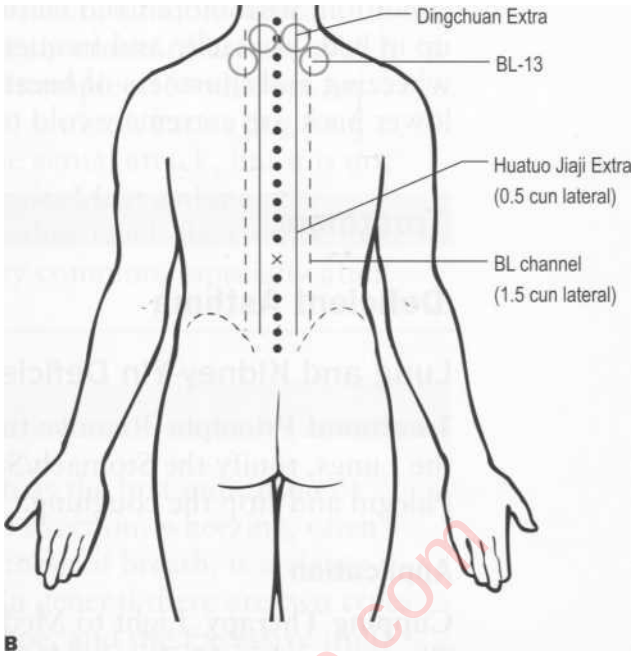

B

C

D

E

Fig.11.3 (A) Treating asthma with cupping is very effective, especially in children. **(B)** Treating asthma with the points of Dingchuan Extra and BL-13 Feishu. Also the Extra channel of Huatuo Jiaji (0.5 cun lateral to each side of the spine. Notice the Bladder channel, which is 1.5 cun lateral to the spine). (C), **(D) & (E)** Treating asthma with front-MU points.

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LU-7 Lieque, K-3 Taixi and ST-40 Fenglong, Dingchuan Extra, BL-13 Feishu, BL-20 Pishu and BL-23 Shenshu. Reducing acupuncture to H-7 Shenmen.

Moxibustion Moxa all the above points except H-7 Shenmen.

Explanation CV-12 (Front-Mu point of the Stomach), Liv-13 (Front-Mu point of the Spleen) and ST-36 all have a tonifying effect on the Spleen and Stomach-Qi. LU-5 and LU-7 both tonify and nourish the Lungs. K-3 tonifies the Kidneys. ST-40 resolves Phlegm and opens the chest. H-7 Shenmen calms the Heart and helps with sleep. Dingchuan Extra calms wheezing and is effective during an acute asthma attack. BL-13 (Back-Shu point of the Lungs) tonifies the Lungs and removes external pathogens, an essential point to be used for all types of asthmatic conditions. BL-20 (Back-Shu point of the Spleen) tonifies the Spleen and Stomach-Qi and benefits the Original-Qi. BL-23 (Back-Shu point of the Kidneys) is an essential point for the tonification of the Kidney-Qi, and also helps the Kidney to grasp the Lung-Qi.

Lung-Qi with Kidney-Yang Deficiency

Treatment Principle Remove the external pathogen, warm and tonify the Lungs, Stomach/Spleen and Kidneys, stop the coughing and calm the wheezing.

Application

Cupping Therapy Light to Medium cupping to the same points as in above.

Acupuncture Same points as above, with the addition of point LU-1 Zhongfu.

Moxibustion Use extensive moxibustion on all of the above points, especially LU-1, K-3, Dingchuan Extra and BL-23, but not H-7 Shenmen.

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Full (Excessive) Type Asthma

Treatment Principle Clear Heat from the Lungs, tonify Stomach/Spleen, open bowels, resolve Phlegm, stop the coughing and calm the wheezing.

Application

Cupping Therapy

Strong cupping on LU-1 Zhongfu, DU-14 Dazhui, Dingchuan Extra and BL-13 Feishu.

Cupping Duration

Children

• Under 5: 2-3 minutes, Empty or Light cupping

- 5-7: up to 10 minutes, Empty or Light cupping
- 7-14: up to 15 minutes, Light or Medium cupping.

Adults

- Young adults: Strong or Moving cupping, up to 20 minutes
- The weak and frail: Weak or Empty cupping, up to 10 minutes.

Acupuncture Reducing acupuncture to LU-5 Chize, LU-7 Lieque and LI-11 Quchi. Bleed the Jing/Well Extra points. Tonifying acupuncture to CV-12 Zhongwan, Liv-13 Zhangmen, ST-36 Zusanli and ST-40 Lenglong. Reducing acupuncture to Dingchuan Extra and BL-13 Leishu.

Gua Sha Apply Gua Sha to LU-1 Zhongfu, extending alongside the clavicle.

Explanation LU-5, LU-7 and LI-11 clear Heat and strengthen the Lungs. Bleeding Jing/Well Extra with a needle or any sharp object clears Blood-Heat. CV-12, Liv-13 and ST-36 all tonify the Stomach and Spleen-Qi and regulate the bowels. ST-40 clears Phlegm and opens the chest. DU-14 clears heat from the DU channel. Dingchuan Extra and BL-13 benefit the Lungs and calm wheezing. Gua Sha to LU-1 (Lront-Mu point of the Lungs) tonifies the Lungs, clears the Lung-Heat and stops the coughing.

Herbal Remedies Tincture of *Inula Helenium* (elecampane) transforms Phlegm, clears blockages and benefits the Lungs. *Tussilago farfara* (coltsfoot; in some countries it is also called 'the cough herb') stops the coughing and strengthens the bronchi. *Thymus vulgaris* (thyme) relieves spasmodic coughs and has antiseptic properties. *Hydrastis canadensis* (goldenseal) tonifies the Spleen and transforms Phlegm. *Hyssopus officinalis* (hyssop); 'envoy' to the Lungs. These comprise my preferred basic cough and asthma mixture. Dosage: children 5-15 drops three times a day; adults 30-50 drops three times a day. An old folklore remedy of freshly crushed onions and brown sugar, left overnight for the juice to collect, and taken 3-5 teaspoons daily, shifts the most stubborn phlegm, stops the coughing and softens the chest. When fever is present add *Mentha* (mint), and when Cold is present add *Cinnamomum zeylanicum* (cinnamon) to the mixture.

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CASE STUDY 3: Asthma

Male patient

Age 7

Complaint Asthmatic since the age of 1, during the last 5 weeks he has developed a bad cough and wheezing; no phlegm.

Present Medication Prophylactic beclometasone dipropionate (Becotide).

Pulse Nothing significant.

Tongue Slightly red tip, otherwise good.

Observation Talkative, pronounced white forehead, poor appetite, sleeping poorly owing to his coughing bouts. Normally he comes for his treatment after school, and so by this time he is quite tired. He is happy to have the treatment and stay in the clinic for a rest afterwards.

Diagnosis Deficient type of asthma, Lung-Qi and Kidney-Yang Xu (deficiency). Pulse and tongue diagnosis often contradicts the symptoms when corticosteroid drugs are used (my own observation).

Treatment Principle Tonify the Lungs and Kidneys, arrest the wheezing and stop the coughing.

Application

Cupping Therapy Light cupping on Dingchuan Extra and BL-15 Feishu, on each visit (see Fig.ll.3A). Asthma points Dingchuan Extra and BL-13 Feishu.

Acupuncture LU-5 Chize, LU-9 Taiyuan, ST-36 Zusanli, BL-13 Feishu and BL-23 Shenshu, all tonifying method.

Moxibustion Moxa is applied on each visit to the abdomen, LU-1 Zhongfu, BL-13 Feishu and BL-23 Shenshu. Most children enjoy moxibustion treatment.

Explanation LU-5 moistens the Lungs, while LU-9 tonifies them and stops coughing. ST-36 regulates the Spleen and Stomach, improves appetite and tonifies the Qi. BL-13 benefits the Lungs and stops coughing. BL-23 tonifies the Kidneys and helps the Qi of the body. Moxibustion to the abdomen warms and tonifies the Middle, benefits the Spleen-Qi and nourishes the Blood. Moxa to LU-1 has a good effect on the deficient Lung-Qi and stops the coughing. Cupping on the BL-13 and Dingchuan Extra points, the two cardinal points when treating asthma, has an immediate effect in arresting wheezing.

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Atrophy Syndrome

This condition is characterized by weakness and numbness of the limbs, wasting or reducing in the size of a limb, eventually leading to paralysis. Patients suffering from this and similar conditions usually do not seek alternative therapies at an early stage of their diagnosis. This has been my own observation at the clinic.

Aetiology and Pathology

In the healthy state, the muscles, tendons and bones are nourished by fluid (Yin) and Qi (Yang). In atrophy syndrome, however, the muscles, tendons and bones are weak, indicating deficiency - deficiency of Blood and Qi, leading to malnourishment of muscles, tendons and bones. Spleen-Qi nourishes the tendons, while the Lung-Qi tonifies and nourishes the Skin; the Liver is the 'master' of the Blood, and Kidneys are 'master' of the bones. As far as the clinical indications are concerned, multiple sclerosis and muscular dystrophy can also be included in this category.

Treatment

Treatment Principle Remove obstruction (Wind, Heat, Phlegm or Damp) from the channels, tonify Qi and Blood, and nourish the muscles and tendons.

Application; Upper Limb

Cupping Therapy Medium cupping to LI-14 Binao, LI-15 Jianyu, Jianneiling (Jianqian) Extra, GB-21 Jianjing, BL-12 Fengmen and DU-14 Dazhui. Also Moving cupping on the Bladder channel on the back of the body.

Acupuncture Tonifying method to LI-4 Hegu, TW-5 Waiguan, LI-10 Shousanli, LI-11 Quchi, LI-14 Binao, LI-15 Jianyu, Jianneiling (Jianqian) Extra, GB-21 Jianjing, DU-14 Dazhui, ST-36 Zusanli and GB-34 Yanglingquan.

Gua Sha Gua Sha alongside the LI and TW channels until a red cupping mark (Sha) comes up.

Application: Lower Limb

Cupping Therapy Medium cupping to BL-26 Guanyuanshu, GB-30 Huantiao, GB-31 Fengshi and ST-31 Biguan. Light-pressure Moving cupping can be applied on the channel between ST-31 and ST-34 Liangqiu, and the Gall Bladder channel between GB-30 and GB-33 Xiyangguan.

Cupping Duration

Children

- Under 14 years old: 10 minutes, Light cupping only.

Adults

- Young adults: Medium or Moving cupping, up to 20 minutes
- The weak and frail: Weak, Empty or Moving cupping, up to 10 minutes only.

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Acupuncture Tonifying method to BL-32 Ciliao, GB-30 Huantiao, GB-31 Fengshi, BL-34 Yanglingquan, ST-36 Zusanli, BL-57 Chengshang and BL-62 Shenmai.

Gua Sha The Stomach and the Gall Bladder channels on the leg.

Moxibustion Moxibustion to all the above points is extremely beneficial to Qi and Blood.

Explanation LI-4, TW-5, LI-10, LI-11, LI-14, LI-15, GB-21, BL-12 and DU-14 are all local points to remove obstruction from the upper limbs, expel Wind, stop pain and tonify Qi and Blood. Extra point Jianneiling (Jianqian) is very effective, especially when treating weakness of the arms. BL-32, GB-30 and GB-31 are three important local points for the lower limb to expel Wind, tonify Qi and Blood and remove obstruction from the channels. ST-36 tonifies the Qi and Blood, GB-34 resolves Damp-Heat and is the influential point of the sinews. BL-57 and BL-62 relax the sinews, remove obstruction from the leg and stop pain.

General Cupping or Acupuncture Points to be Used in All Cases of Atrophy Syndrome LU-5 Chize clears Lung-Heat and benefits the sinews. CV-6 Qihai resolves Dampness and benefits the entire energy of the body. CV-12 Zhongwan (Front-Mu point of the Stomach) tonifies the Spleen and Stomach. Liv-13 Zhangmen (Front-Mu point of the Spleen) tonifies the Spleen and helps disperse the Liver-Qi. SP-10 Xuehai tonifies and moves the Blood. BL-12 Fengmen expels the pathogenic Wind, releases the Exterior and regulates the Nutritive and Wei-Qi. BL-20 Pishu (Back-Shu point of the Spleen) tonifies the Stomach and Spleen and benefits Blood. BL-23 Shenshu (Back-Shu point of the Kidneys) tonifies the Kidney-Qi, nourishes Blood and strengthens the lower back. GB-34 Yanglingquan benefits the sinews and removes obstruction from the legs. GB-39 Xuanzhong is a special influence point for the marrow (see Plate 7 in the colour plate section).

Herbal Remedies Herbs are selected to tonify Qi, invigorate the Blood and benefit the sinews.

Western Herbs

- Fenugreek (*Semen foenugraeci)* tonifies the Kidneys and benefits the sinews
- Gentian *(Gentiana lutea)* tonifies the Spleen and Stomach and strengthens the body
- Almond sweet *(Amygdalus communis dulcis)* tonifies the Kidneys and the Liver
- Dates (*Fructus zizypbi jujubae)* tonify the Qi and Blood and calm the Spirit. (It is believed by the desert people that a single date fruit per day can give enough energy to sustain all the bodily functions of an adult in the desert!)

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Chinese Herbs

- Sang Shen (*Fructus mori albae*) tonifies the Blood and benefits the Body Fluids (Yin)
- Dang Shen (*Radix codonopsitis pilosulae)* tonifies the Lung and Spleen and benefits the Yin
- Huang Qi *(Radix astragali membranacei*) tonifies the Qi and improves the Water metabolism
- Shu Di *(Radix rebmanniae glutinosae*) tonifies the Liver and benefits the Blood
- He Shou Wu *(Radix polygoni multiflori*) tonifies the Kidneys and benefits the sinews
- Dang Gui *(Radix angelicae sinensis)* tonifies and moves Qi and Blood
- Mu Gua (*Fructus chaenomelis lagenaria)* resolves Wind-Damp and benefits the sinews
- Chuang Xiong *(Radix ligustici cbuangxiong)* moves the Blood and benefits the sinews
- Wei Ling Xiang *(Radix clematidis cbinensis*) and Niu Xi *(Radix achyranthis bidentatae)* move the Blood and benefit the sinews, especially in the lower extremities.

Precaution

In many cases the patient's sensory feelings are impaired, therefore extra care is needed during cupping. Do not allow the skin to over-mark or bleed, or it may take rather a long time to heal, causing a postponement of future treatment.

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CASE STUDY 4: Atrophy Syndrome

Female patient
Age 32

Complaint Paraplegia over the last 6 months.

Present Medication Propantheline bromide 15 mg, three times a day (causes constipation). Imipramine 25 mg, 4 tablets before going to bed.

Pulse Faint, at all levels.

Tongue Pale, with a thin body.

Observation The patient lost the use of her legs as a result of a fall and injury to the spinal cord at the level of the 10th thoracic vertebra. She spent 6 months in hospital following the accident. No operation was performed: physiotherapy was the only treatment used. Her sleep and appetite are good, but bowel movements are possible only with pressure applied to the

lower abdomen. She is susceptible to bladder infections, which are controlled by antibiotics. Her self-esteem and morale were low. She has two children, 7 and 10 years old. Her husband is extremely supportive and also helpful around the house. She had a pale complexion, a low voice, and did not enjoy conversation. She has lost some weight, in particular her leg muscles, where muscular atrophy was observed.

I was called to see whether anything could be done to get her back on her feet again. We discussed the hospital report, which said that she would remain paraplegic for the rest of her life, owing to the severity of the spinal cord injury. I explained that acupuncture and cupping therapy would help her Energy and Blood circulation, and perhaps stop the muscular atrophy. If this can be achieved, muscle tone will return. As far as reversing the paraplegia is concerned, no promises or high hopes were raised.

Diagnosis Injury to the Governing Vessel (DU channel), hence injury to the Yang-Qi, resulting in paralysis and muscular atrophy to the lower parts of the body and the legs.

Treatment Principle Remove the stagnation from the DU channel, tonify Qi and Blood, and nourish the muscles and the tendons of the lower extremities.

Application

Cupping Therapy Moving cupping on the Huatuo Jiaji Extra channel, bilaterally (see Fig.ll.3B).

Acupuncture CV-3 Zhongji, selection of up to 14 points (seven each side) on the Huatuo Jiaji Extra points, DU-4 Mingmen, GB-30 Huantiao, BL-37 Yinmen, BL-40 Weizhong, ST-36 Zusanli, GB-34 Yanglingquan, BL-57 Chengshan and BL-60 Kunlun. All tonifying method.

Moxibustion Moxa application on the abdominal and the Governing Vessel (Conception Vessel) points, CV-3 Zhongji, CV-4 Guanyuan, CV-6 Qihai, CV-8 Shenque, CV-12 Zhongwan, GB-34 Yanglingquan, DU-4 and the Huatuo Jiaji Extra points.

Explanation CV-3 is the Front-Mu point of the Bladder; tonifying acupuncture strengthens the Bladder and improves Bladder control, especially when there is paralysis of the lower extremities. Acupuncture on the Huatuo Jiaji Extra points removes the stagnation on the Governing Vessel and stimulates the spinal cord. DU-4 tonifies the Kidneys and strengthens the back. GB-34 removes Damp-Heat and benefits the sinews. GB-30, BL-37, BL-40, BL-57 and BL-60 all remove the obstruction from the channel, invigorate Qi and Blood, and benefit the muscles and tendons in the lower extremities. Moxibustion to the abdominal and the lower back points has a profound influence on the entire Qi and Blood. Moving cupping

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on the Huatuo Jiaji Extra points removes the obstruction from the Governing Vessel, stimulates the spinal cord and strengthens the back.

Prognosis Five years on, this patient still continues with the treatment, twice weekly. The paraplegic condition is unchanged, but she exercises on the parallel bars and drives her car with confidence. The muscle tone in both the legs and buttocks has returned to normal and bladder control is very good. Recently she has been complaining of flatulence and constipation.

Back Pain and Sexual Complaints

Back pain is one of the most commonly seen complaints in the clinic. I am fairly sure that this applies to most pain clinics and general practitioners' surgeries all over the country. Back pain can be caused by prolonged bad posture or through a sudden movement or lifting (not necessarily even a heavy load), which may result in dislocation of a vertebra or injury to the associated muscles or ligaments. Engaging in work that one is not used to, such as painting, decorating or gardening, can also cause back muscle and ligament contraction, resulting in cramping pains.

Upper Back Pain - Aetiology and Pathology

Upper back pain is pain in the neck, shoulders and upper trunk (cervical and thoracic vertebrae). This part of the body is most vulnerable to attacks of external pathogens such as Wind-Cold, Wind-Heat and Damp, but especially Wind-Cold. When Wind-Cold enters the channels (BL and GB) on the neck or head it moves under the skin and penetrates to deeper muscular levels. One of the characteristics of this type of attack is its onset and location. Usually onset is sudden and is not fixed to any one point, moving alongside the channel, especially the Gall Bladder channel. Most of the time the patient goes to bed and wakes up in the morning with a stiff or painful neck.

Treatment

Treatment Principle Remove the pathogenic factors, i.e. Cold, Damp or Wind-Cold, open the channels and stop the pain.

Application

Cupping Therapy 'A' cupping, or to GB-21 Jianjing, DU-14 Dazhui, BL-12 Fengmen and SI-11 Tianzong.

Reported Additional Cupping Points[1] For shoulder pain, SI-14 Jianwaishu and SI-11 Tianzong. For spondylosis, cupping

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followed by needling the tender points of the spinous process as the main treatment, supplemented by SI-11 Tianzong and SI-9 Jianzhen.

Cupping Duration

Children

- Under 5: 2-3 minutes, Empty cupping
- 5-7: up to 10 minutes, Empty or Light cupping
- 7-14: up to 15 minutes, Light or Medium cupping.

Adults

- Young adults: Medium, Strong or Moving cupping, up to 20 minutes
- The weak and frail: Weak or Empty cupping, up to 10 minutes.

Acupuncture LI-4 Hegu, GB-20 Fengchi, GB-21 Jianjing, DU-14 Dazhui, BL-12 Fengmen and SI-11 Tianzong.

Moxibustion Unless there are Heat signs, moxa should also be applied to GB-20 Fengchi, GB-21 Jianjing, BL-12 Fengmen and SI-11 Tianzong.

Explanation LI-4 disperses the Wind and stops the pain.
GB-20, GB-21, DU-14, BL-12 and SI-11 are all local points for dispersing the Wind-Cold and Damp, easing the local ligaments and muscles and restoring the circulation of Qi and Blood.

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Lower Back Pain, Sciatica and Sexual Complaints - Aetiology and Pathology

Excessive overwork, standing for long periods of time, multiple pregnancy and childbirth, excessive sexual activity and external pathogenic factors such as Cold and Damp, all injure the Kidney-Qi and deplete Kidney-Yang. The clinical manifestations are chronic, dull backache, worsening as the day progresses, tiredness, impotence and pain travelling down to the leg (lumbar vertebrae, sacrum and coccyx). The lower back is very much influenced by the Kidney-Qi, rather than Wind-Cold. This part of the body is usually well covered, unlike the neck and chest. Kidney-Qi (especially the Kidney-Yang Qi) is considered the ‘master’ and the ‘ruler’ of the lower back by all the ancient and contemporary Chinese Medicine scholars. Consequently, when treating lower back conditions, Kidney-Qi is the primary focus of the treatment protocol.

Sexual complaints and lower back pain are closely interrelated. TCM considers Kidney-Yang Qi as the ‘ruler’ of the lower back, especially the reproductive organs, in men and women alike. Therefore, all the above Kidney-Qi deficiency syndromes will

have a profound negative effect on the sexual mechanism, such as prolapsed internal organs, loss of libido, tiredness, dryness, pain during intercourse and impotence.

Treatment Principle Tonify the Kidney-Qi, particularly the Kidney-Yang, remove pathogenic factors and relieve stagnation of Qi and Blood.

Application

Cupping Therapy DU-3 Yaoyangguan, DU-4 Mingmen, BT-23 Shenshu, BL-25 Dachangshu and BL-54 Zhibian or GB-30 Huantiao. Hot Needle cupping on CV-4 Guanyuan, DU-4 Mingmen and BL-23 Shenshu when the patient presents a Wind-Cold or Wind-Damp syndrome. Cupping therapy is extremely effective in treating lower back pain.

Reported Additional Cupping Points[1] For pain in the loins: BL-23 Shenshu, BL-26 Guanyuanshu and BL-24 Qihaishu. Sciatica: acupuncture to GB-30 Huantiao, BL-49 Zhibian, GB-34 Yanglingquan and BL-23 Shenshu, followed by moxibustion and cupping to the local points.

Cupping Duration

Children

- Under 14: up to 10 minutes, Empty or Medium cupping.

Adults

- Young adults: Medium, Strong or Moving cupping, up to 20 minutes
- The weak and frail: Empty or Medium cupping, up to 10 minutes.

Acupuncture Tonifying acupuncture on CV-4 Guanyuan, SP-6 Sanyinjiao, DU-4 Mingmen, BL-23 Shenshu, BL-25 Dachangshu, BL-26 Guanyuanshu, BL-32 Ciliao, GB-30 Huantiao and BL-40 Weizhong.

Moxibustion Unless Heat is present, moxa between CV-3 Zhongji and CV-6 Qihai, BL-23 Shenshu, BL-25 Dachangshu, BL-26 Guanyuanshu, DU-3 Yaoyangguan and DU-4 Mingmen.

Explanation CV-4 and DU-4 are the two cardinal points for tonifying the Kidney-Yang Qi, strengthening the Back, and benefiting the menses. SP-6 tonifies the three Yin (Kidney, Liver and Spleen). BL-23 (Back-Shu point of the Kidneys) strengthens the Kidneys, benefiting the back. BL-25, BL-26 and BL-32 remove obstruction from the channels and strengthen the back. GB-30 tonifies the Qi and Blood; it is also the empirical point for treating lower back complaints. BL-40 clears Heat, relaxes sinews, opens the channel and stops the pain. Moxibustion to the Conception Vessel between CV-3 and CV-6 tonifies Yang, nourishes Blood and Qi, and benefits the reproductive organs.

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Cupping and its Effect on the Sex Mechanism Cupping on DU-3 Yaoyangguan and DU-4 Mingmen removes the obstruction, relaxes the muscle and improves the Qi and Blood circulation to the second, third and fourth lumbar vertebrae, which has a particular influence on the nerves supplying the sexual organs, according to Dr Paul Sherwood who states:

The sex act involves a complex interlinking of nerves and mini-brains which are situated at the lower end of the spinal cord. These are activated by both the brain itself and by sensory nerves that emanate from various erotic centres in the body. The most important of these by far are the cluster of nerves in the clitoris and parts of the vagina in women, and the tip of the penis in men. When stimulated, these nerve centres send impulses along the parasympathetic nerves to activate the sex organs. In the lumbar region the parasympathetic nerves pass through the spinal nerve canal along the second, third and fourth lumbar nerve roots.

CASE STUDY 5: Back Pain

Female patient

Age 45

Complaint Recurrent lower back pain in the lumbar region, with a feeling of heaviness in the leg muscles.

Present Medication None.

Pulse Slow (she is a marathon runner), weak Kidney pulse.

Tongue Pale, with a thin white coating.

Observation The patient is a physical education teacher and spends most of her days in the swimming pool, teaching swimming. Her hobby is running marathons, and she takes part in at least two serious marathons a year. She trains almost every weekend, between 10 and 20 miles at a time. She has muscular pains from time to time but recovers quickly. She is tall, and has good muscle structure.

Diagnosis Kidney-Yang deficiency, with Damp-Cold invading the channels. Spending long hours in the pool is causing Damp-Cold invasion of the channels. This results in tiredness and pain in the joints and muscles. Excessive exercise injures the Blood and depletes the Kidney-Yang, resulting in general body pains, particularly in the lower back.

Treatment Principle Remove Damp-Cold and tonify the Kidney-Yang.

Application

Cupping Therapy Medium strength cupping on BL-23 Shenshu, BL-25 Dachangshu and DU-3 Yaoyangguan (Fig.ll.5A).

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Acupuncture CV-4 Guanyuan, CV-6 Qihai, SP-9 Yinlingquan, ST-36 Zusanli, SP-6 Sanyinjiao, K-3 Taixi, BL-23 Shenshu, BL-54 Zhibian, BL-37 Yinmen and BL-57 Chengshan, all tonifying method.

Moxibustion Moxa was applied on each visit to CV-3, CV-4, CV-6, SP-6, K-3, BL-23, BL-54 and DU-4.

Herbal Prescription Two classic Chinese herbal prescriptions were also prescribed, in prepared pill form:

1. **You Gui Wan** Restore the Right Kidney pill

   Fu Zi *(Radix lateralis aconiti carmicbaeli praeparata)*
   Rou Gui *(Cortex cinnamomi cassiae)*
   Lu Jiao Jiao *(Colla cornu cervi)*
   Shu Di Huang *(Radix rehmanniae glutinosae conquitae)*
   Shan Zhu Yu *(Fructus corni officinalis)*
   Shan Yao *(Radix dioscoreae oppositae)*
   Gou Qi Zi *(Fructus lycii)*
   Tu Si Zi *(Semen cuscutae chinensis)*
   Du Zhong *(Cortex eucommiae ulmoidis)*
   Dang Gui *(Radix angelicae sinensis)*

   Action: Tonifies and warms the Kidney-Yang, benefits the Essence and strengthens the back.

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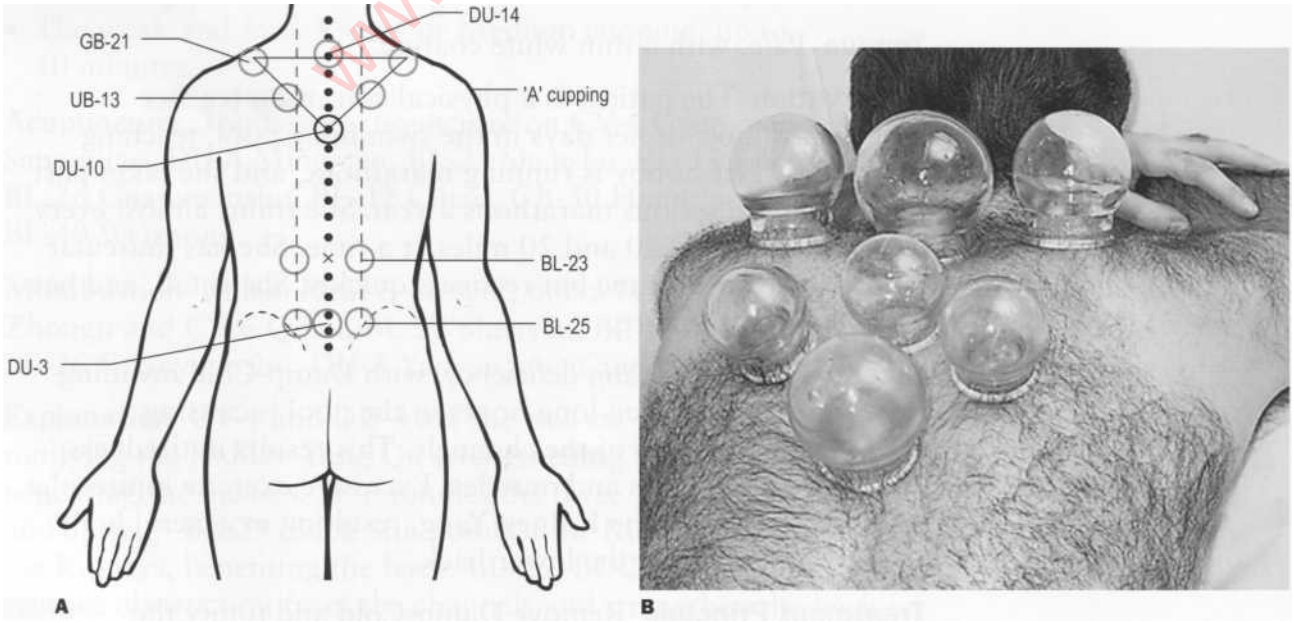

Fig.11.4 (A) Asthma treatment points (B) "A" cupping.

2. Liu Wei Di Huang Wan Six-ingredient pill with Rehmannia
   Shu Di Huang *(Radix Rebmanniae glutinosae conquitae)*
   Shan Zhu Yu *(Fructus corni officinalis)*
   Shan Yao *(Radix dioscoreae oppositae*)
   Fu Ling *(Sclerotium poriae cocos)*
   Mu Dan Pi *(Cortex moutan radicis)*
   Ze Xie *(Rbizoma alismatis orientalis)*
   Action: Tonifies the Yin and nourishes the Kidneys. An invaluable prescription for every woman over 40.

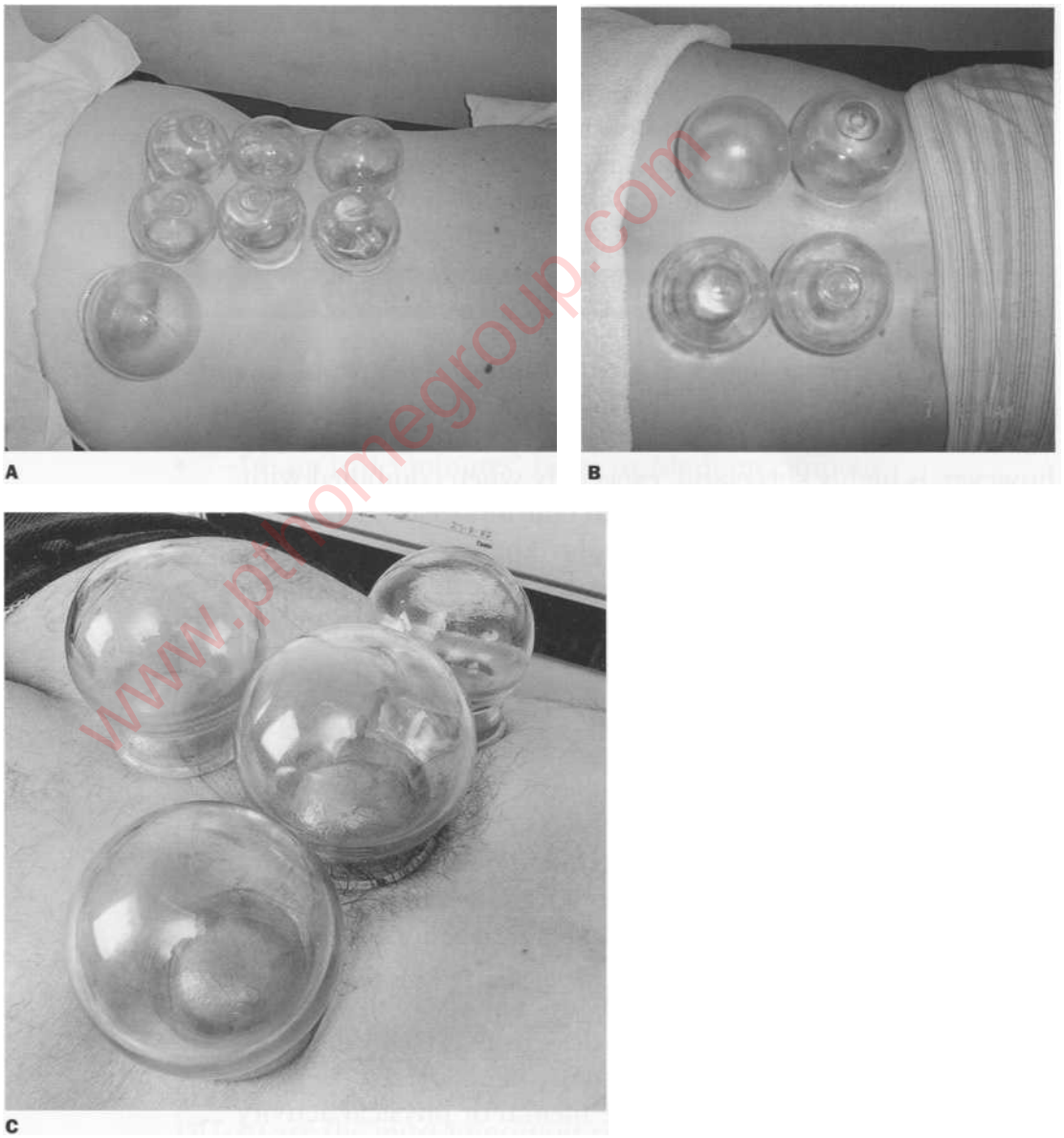

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Fig.11.5 (A-C) Often-used lower back points for the treatment of back pain and sexual complaints.

Explanation CV-4 and CV-6 tonify the Kidneys and benefit the Original Qi. SP-9 and SP-6 resolve the Dampness. ST-36 tonifies the Stomach/Spleen and resolves Dampness. K-3, BL-23 and BL-54 all tonify the Kidney-Yang and strengthen the back. BL-37 and BL-57, the two important points when treating pain radiating from the back to the legs, both invigorate the Blood and relax the sinews. Moxibustion on CV-3, CV-4 and CV-6 benefits the entire Qi and Blood of the body. Moxibustion on K-3, BL-23, BL-54 and DU-4 warms and tonifies the Kidney-Yang and strengthens the lower back. Cupping therapy on BL-23 tonifies the Kidneys, BL-25 and DU-3 relax the lower back muscles and stop the pain (Fig. 11.5; see also Plate 9 A & B in the colour plate section).

Prognosis Response to the treatment was very rapid, and the patient returned to her weekly running routine after 2 weeks. She was advised to slow down and perhaps take up a more gentle sport, more suitable for her age. However, she enjoys what she is doing and shows no intention of slowing down or giving it up.

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Bed-wetting (nocturnal enuresis)

Bed-wetting after the age of 3 is considered to be a problem and one that needs to be treated. This is one childhood problem that Western medicine fails to treat effectively. Chinese Medicine, however, is highly successful, especially when combined with cupping. The majority of nocturnal enuresis cases seen in the clinic are between 7 and 12 years old. The parents of younger children are not particularly worried. Once the child reaches the age of 7 and trips away with school are inevitable, the problem is highlighted and treatment is pursued.

Aetiology and Pathology

Bed-wetting is primarily a deficiency syndrome: deficiency of Kidney-Yang (seen more in children) and deficiency of Qi of the Lung and Spleen (seen more in the elderly). Kidney-Qi governs the Bladder, therefore a strong Bladder is dependent on a strong Kidney-Qi, especially the Kidney-Yang Qi. When the deficient Kidney-Yang fails to control the Bladder and also to warm the Triple Burner, copious water runs downwards to fill the Bladder, resulting in nocturnal enuresis. Usually in children a deep sleep pattern is also observed. Excessive mental or physical activity weakens the body Qi, which results in near exhaustion and deep sleep. A hereditary weak constitution is another factor in the Kidney-Yang deficiency syndrome. Cold is also a prevalent factor in nocturnal enuresis. Cold, especially in the lower back and abdomen, prevents the Kidney-Yang Qi reaching and controlling

the Bladder, thereby giving rise to nocturnal enuresis. Qi deficiency in the Lung and Spleen is mostly associated with the natural ebbing of the body's Qi.

Treatment

Treatment Principle Warm and tonify the Kidneys, strengthen the Bladder.

Application

Cupping Therapy Medium cupping on CV-3 Zhongji, CV-6 Qihai, DU-4 Mingmen, BL-23 Shenshu and BL-28 Pangguangshu (see Plate 9 in the colour plate section).

Reported Additional Cupping Points in the Treatment of Enuresis[1] Enuresis due to neurological dysfunction was treated with cupping after needling over the sacral region. This restored the function of the central nervous system, enabling better Bladder control.

Cupping Duration

Children

- Under 5: 2-3 minutes, Empty or Light cupping
- 5-7: up to 10 minutes, Empty or Light cupping
- 7-14: up to 15 minutes, Light or Medium cupping
- 14-16: up to 20 minutes, Medium cupping.

Acupuncture CV-3 Zhongji, CV-6 Qihai, CV-12 Zhongwan, SP-6 Sanyinjiao, BL-32 Ciliao, BL-23 Shenshu and BL-28 Pangguangshu, all tonifying method.

Moxibustion K-l Yongquan, CV-3 Zhongji, CV-4 Guanyuan, CV-6 Qihai, CV-12 Zhongwan, BL-20 Pishu, BL-23 Shenshu and DU-20 Baihui.

Explanation CV-3 (Front-Mu point of the Bladder) strengthens the Kidney-Yang and the Bladder-Qi. CV-6 benefits the Qi of the body, and in particular tonifies the Lower Jiao. CV-12 tonifies the Stomach and Spleen-Qi, benefiting the Blood. SP-6 tonifies the three Yin of the leg (Kidney, Liver and Spleen). BL-32 tonifies the Bladder. BL-28 (Back-Shu point of the Bladder) strengthens the Bladder. Moxibustion is sometimes effective on its own in the treatment of nocturnal enuresis, especially when Cold patterns are involved, or when the children are afraid of a needle. K-l and DU-20 are the most important two points during moxibustion. K-l is an important tonifying point for the Kidney-Yin and Kidney-Yang, and moxibustion to this point is most effective. DU-20 is the meeting point of all the Yang channels: moxibustion to this point tonifies the Yang-Qi of the body and helps the 'grasping' function of the Kidneys. The abdominal points of

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CV-3, CV-4, CV-6 and CV-12 tonify the Middle and the Lower Jiao, benefiting the Bladder and the Kidney-Qi. BL-20 tonifies the Spleen and benefits the Blood. BL-23 (Back-Shu point of the Kidneys) tonifies the Kidneys and strengthens the Bladder. Cupping points are selected to remove Cold from the Bladder and at the same time tonify the Kidneys. DU-4 (Gate of Life) is a cardinal point for tonifying the Kidney-Yang and strengthening the Bladder-Qi.

Herbal Remedies

Bu Zhong Yi Qi Tang - variation

Huang Qi (*Radix astragali membranacei*) 12 g
Ren Shen *(Radix ginseng)* 9 g
Bai Zhu *(Rhizoma atractylodis macrocephalae)* 9 g
Dang Gui *(Radix angelicae sinensis*) 6 g
Chen Pi *(Pericarpium citri reticulatae) 6* g
Sheng Ma *(Rhizoma cimicifugae)* 3 g
Chai Hu *(Radix bupleuri)* 3 g
Ding Xiang *(Flos caryopbylli*) 3 g
Rou Gui *(Cortex cinnamomi cassiae)* 3 g
Action: Tonify the Lung-Qi, Kidney-Yang and warm the Middle and constrain the escape of urine.

CASE STUDY 6: Nocturnal Enuresis

Male patient
Age 14

Complaint Bed-wetting since very young.

Present Medication None.

Pulse Faint, at all levels.

Tongue Very thin body and pale in colour.

Observations This patient came to the clinic with both of his parents, all quite concerned about his persistent bed-wetting problem. It is now particularly worrying because he wants to join his classmates on school trips, which can sometimes last several days. Several visits to their local doctor produced no result. His height was the first noticeable diagnostic tool: he was almost 6 foot at the age of 14! Quite intelligent, he also took part in many school sporting activities, some of them seriously. He spoke very softly and, before answering a question, always looked for his parents' approval. He had no interest in food - in fact, during one of his rare unaccompanied visits to the clinic he confided that, for him, eating was a waste of time. On questioning he also admitted suffering from long-term painful knees and legs. According to his parents his sleep is like death - once he puts his

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head on the pillow, he is fast asleep and no amount of noise will wake him. Mornings are also a problem: he refuses to wake up for school until the last minute, consequently most of the time missing his breakfast.

Diagnosis Hereditary constitutional deficiency, coupled with a rapid growth in height, preventing the Kidney-Qi catching up. Both parents are quite tall and slim built. The mother has a long-term Kidney function problem: only one of her kidneys is functioning properly. The patient's low voice and painful knees and legs all indicate a Kidney-Yang deficiency. In this case the Kidney-Essence is also inadequate to nourish the fast-growing bones, thus making them painful, especially on exertion. The boy's poor appetite only serves to exacerbate his symptoms.

Treatment Principle Tonify the Kidney-Yang and nourish the Qi and Blood.

Application

Cupping Therapy Light to Medium strength cupping was regularly applied to CV-3 Zhongji, ST-29 Guilai and BL-28 Pangguangshu (see Ligs 11.2 and Lig. 2.8).

Acupuncture Timid at the beginning but much better later on. LU-7 Lieque, CV-12 Zhongwan, CV-3 Zhongji, CV-6 Qihai, ST-36 Zusanli, SP-10 Xuehai, Liv-8 Ququan, SP-6 Sanyinjiao, GB-39 Xuanzhong, K-3 Taixi, BL-20 Pishu, BL-23 Shenshu and BL-32 Ciliao, all tonifying method. Only six points were selected on each visit.

Moxibustion Moxa was intensely applied during the treatment, using the moxa box or the moxa stick. Points used were LU-1 Zhongfu, LU-7 Lieque, CV-12 Zhongwan, CV-3 Zhongji, CV-4 Guanyuan, ST-36 Zusanli, SP-6 Sanyinjiao, K-l Yongquan, GB-39 Xuanzhong, BL-20 Pishu and BL-23 Shenshu.

Explanation LU-7 tonifies the Lungs, which control Water metabolism. CV-12 tonifies the Middle, benefiting the Blood. CV-3 (Lront-Mu point of the Bladder) tonifies the Bladder. CV-6 tonifies the Lower Jiao, benefiting the Blood. SP-10 tonifies the Blood. ST-36 tonifies the entire Qi of the body. Liv-8 nourishes the Blood and tonifies the Bladder. SP-6 tonifies the three Yin (Kidney, Liver and Spleen). GB-39 nourishes the Marrow and the Essence, K-3 and K-l tonify both the Kidney-Yin and the Kidney-Yang. Moxa to LU-1 and LU-7 tonifies the Lung-Qi. The remaining moxa points were used to tonify the Blood and Qi and the Kidney-Yang. Cupping on CV-3, ST-29 and BL-28 removes the Cold and tonifies the Bladder.

Prognosis This patient received weekly and sometimes bi-weekly treatments for about 6 months. His nocturnal enuresis was greatly improved but not completely cured.

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Meantime he has grown another few inches. Reluctantly he gave up playing rugby, but continues to do other activities and refuses to rest during the day. His eating habit - or rather the lack of it - is a major concern to his parents; he, on the other hand, is not worried. He now has some good weeks and some bad weeks, when he is mostly tired. He now goes on outings for up to a week.

Herbal Prescription The above herbal prescription, **Bu Zhong Yi** Qi **Tang,** was given to him in a tincture form.

Boil/Carbuncle

This is a bacterial infection and inflammation of a hair follicle or sebaceous gland, seldom seen in Western clinics as a result of improved living conditions and the widespread use of antibiotics. It is, however, a very common occurrence, especially among children, in developing countries. Poor hygiene, poor diet and a lack of proper sanitation facilities, coupled with spitting habits, further weaken the already deficient Wei-Qi, making it difficult to repel infections. A boil initially appears as a small, red, hard and painful nodule, which fills with pus (yellow fluid composed of blood serum, dead tissue, white blood cells and bacteria, produced by the body in response to infection) and enlarges. Once the pus appears to collect and accumulate inside the boil, the skin over it becomes quite sensitive, thin and shiny. It is only at this stage is the boil considered 'ripe' and ready to be discharged. Boils are extremely contagious and should not be squeezed, as this causes the infection to spread and damages the skin of the surrounding tissues. Carbuncle infection is larger than a boil and has several openings for discharge. Both are equally painful to touch, particularly when pus is collecting and accumulating. Skin boils usually appear on the face, scalp, shoulders and buttocks. Stress (particularly during exam periods in students), allergy, diabetes and a compromised immune system can also cause boils to appear.

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Aetiology and Pathology

Pathogenic factors such as Turbid-Phlegm, toxins accumulating in the Blood, and Heat, cause stagnation of Qi and Blood.

Treatment

Treatment Principle Clear the Heat/Poison, invigorate Qi and Blood, and tonify Qi.

Application

Cupping Therapy NB: Surgical gloves must be worn at all times during this therapy. Strong or Bleeding cupping method on DU-14 Dazhui and DU-10 Lingtai. Pierce the top of the ripe boil and apply a Strong cup over it, allowing pus and some blood to exude. For this purpose choose a large cup, number 4 or 5. Remove the cup when the discharge stops and dress the boil in a normal fashion, using an antiseptic cream or a crushed fresh dandelion (*Taraxaci mongolici)* poultice. Pistol handle cupping apparatus is particularly effective in drawing the pus out of the boil.

Reported Additional Cupping Points[1] The technique described in this report is to bleed the boil (with or without pus) and apply a large cup over it. Local and distal points are reported to be cupped together with acupuncture on DU-10 Lingtai. Bleeding cupping is also used on DU-14 Dazhui as well as cupping over the boil.

Acupuncture Reducing acupuncture to LI-4 Hegu, P-4 Ximen, LI-11 Quchi, DU-14 Dazhui, DU-10 Lingtai, BL-40 Weizhong and SP-10 Xuehai.

Explanation LI-4, P-4 and LI-11 release the Exterior, tonify Qi, clear Heat, cool the Blood and stop the pain. DU-14 and DU-10 clear Heat from the Du channel. P-4 and DU-10 are two empirical points for treating boils and furuncles. BL-40 clears Heat-Poison from the blood. SP-10 cools and invigorates the Blood. Bleeding cupping over the boil removes toxins and Heat-Poison from the boil.

Herbal Remedies

Herbal formula (author's)

Lian Qiao *(Fructus forsythiae)* 10 g
Huang Lian (*Rhizoma coptidis) 5* g
Huang Qin *(Radix Scutellariae*) 5 g
Huang Bai *(Cortex phellodendri) 5* g
Dang Gui (*Radix angelicae sinensis*) 15 g
Huang Qi *(Radix astragali membranacei)* 10 g
Gan Cao *(Radix glycyrrbizae uralensis) 5* g

Prepare the decoction and take three to four cups a day with meals.

Explanation of the Formula Lian Qiao, Huang Lian, Huang Qin and Huang Bai all clear Fire-Poison and cool the Blood. Dang Gui, Huang Qi and Gan Cao all help clear pus from the body, as well as benefiting Qi, Blood and Skin.

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CASE STUDY 7(A): Boil/carbuncle

Female patient
Age 78

Complaint Carbuncle on the right elbow.

Present Medication Gaviscon liquid.

Pulse Faint and rapid.

Tongue Red body with horizontal cracks.

Observation She is an existing patient who attends the clinic for her arthritic condition. The carbuncle had appeared as a small nodule and grew to the size of a golf ball within 4 weeks. With her permission I decided to treat it.

Treatment Principle Discharge the Blood-Poison.

Application

Cupping Therapy Strong cupping application with a small, number 3, glass cup over the boil.

Acupuncture Bleed the top of the boil using a three-star needle.

Prognosis On the application of a Strong cup some blood mixed with pus was discharged. On the second visit a week later, the size of the boil was greatly reduced and no treatment was given. On the subsequent visit it had completely disappeared, leaving a slight red mark on the skin (Fig. 11.6; see also Plate 10 A, B & C in the colour plate section).

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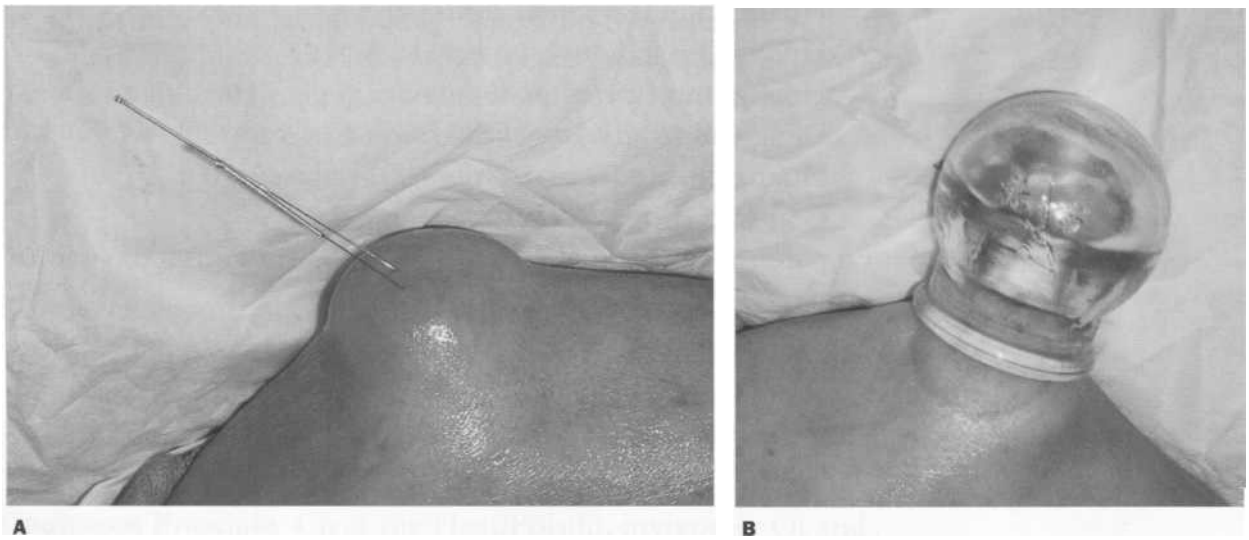

Fig.11.6 (A) Boil on the elbow: an acupuncture needle is inserted to cause bleeding. **(B)** Cupping over the ripe boil discharges pus.

CASE STUDY 7(B): Boil/carbuncle

Male patient

Age 70

Complaint Large painful boil located on the left lower back of the body.

Present Medication Aspirin.

Pulse Rapid.

Tongue Slightly dry body, normal colour.

Observation Boil appeared to be very red, full of pus and painful to touch. It has been exuding bloody pus for over a week. Patient has become restless and unable to sit or lie on his back.

Treatment Principle Discharge the Blood-Poison.

Application

Bleeding Cupping Applied using pistol handle cupping apparatus.

Prognosis A total of three (once a week) applications of Bleeding cupping were administered before the discharge of pus completely stopped. Subsequently, the patient was able to go on to his pre-booked holiday! (See Plate 10 A, B and C in the colour plate section.)

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Chest Pain

Chest pain can be the result or indication of numerous internal or external pathogens: Wind-Cold attacking the exterior, Phlegm with cough obstructing the lungs and causing Lung-Qi deficiency, heart-related pain such as angina or coronary heart disease, or sometimes pain that has nothing to do with the lungs or heart, such as indigestion or wind. Most patients with chest pain visiting my clinic have initially visited their doctor or hospital, and most of them have been diagnosed as having 'non-cardiac related unspecified pain'. This particular category forms the subject of this section.

Aetiology and Pathology

External pathogenic factors such as Damp or Wind-Cold invade the Upper Jiao, causing stagnation of Qi. This leads to channel obstruction and pain. The most vulnerable time is between the changes of seasons, when people are inappropriately dressed. During the warmer seasons the body perspires more frequently, allowing the external pathogens to penetrate and invade the channels through open sweat pores.

Clinical Manifestations of Wind-Cold A stabbing pain around the heart, behind the sternum or radiating to the back between the shoulder blades. Usually the pain is worse on inhaling, and better on exhaling or when heat is administered. Cough and phlegm may accompany the pain. Sometimes this type of pain can last for several months with varying intensity.

Treatment

Treatment Principle Release the external pathogen, move Qi, open channels and remove obstruction from the chest, and stop the pain.

Application

Cupping Therapy Medium to Strong cupping on LU-1 Zhongfu, K-25 Shencang, BL-12 Fengmen, GB-21 Jiangjing, BL-15 Xinshu, SI-12 Bingfeng and BL-17 Geshu. Alternatively use Medium to Strong 'A' cupping (see Plate 11 in the colour plate section).

Reported Additional Cupping Points Intercostal neuralgia[1] was treated first by acupuncture to P-6 Neiguan and SP-9 Yinlingquan through GB-34 Yanglingquan, followed by cupping to the local painful regions. Angina pectoris[4] and coronary heart disease were treated with Bleeding cupping to BL-23 Shenshu, BL-15 Xinshu and BL-14 Jueyinshu. The pain was gradually relieved after one treatment only.

Cupping Duration

Children

- This condition does not apply to children under 14.

Adults

- Young adults: Medium to Strong cupping, up to 20 minutes
- The weak and the frail: Weak or Empty cupping, up to 10 minutes.

Acupuncture LI-4 Hegu, CV-15 Jiuwei, CV-17 Shanzhong, P-4 Ximen, P-6 Neiguan, BL-15 Xinshu and BL-17 Geshu. All points needled with a reducing technique.

Gua Sha Gua Sha the sternum and below the clavicle, bringing the Sha to the surface.

Explanation LI-4 is a strong point for removing channel obstruction, stopping pain and releasing the Exterior. CV-15 and CV-17 are both strong points for influencing and dispersing

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the Qi stagnation in the chest. P-4 and P-6 both move Qi in the chest and stop the pain. BL-12 releases the Exterior, dispels the pathogenic Wind and relaxes the chest. BL-15 (Back-Shu point of the Heart) invigorates the Blood and stops the chest pain. BL-17 influences the diaphragm and stops chest spasms. SI-12 disperses the Wind and warms the channels and stops pain. LU-1 (Front-Mu point of the Lungs) strengthens the Lung-Qi, relaxes the chest and stops pain. K-25 releases the channel obstruction and stops pain. Gua Sha on the sternum and under the clavicle removes obstruction from the chest and relaxes the sinews. 'A' cupping to the back of the body releases the Exterior and benefits the Lungs and the Heart.

Herbal Remedies

1. **Kaynar** (traditional Turkish winter tea)
   Sheng Jiang (*Rhizoma zingiberis officinalis)* 10 g
   Rou Gui (*Cortex cinnamomi cassiae) 5* g
   Ding Xiang *(Flos caryophylli) 6* cloves
   Bi Ba *(Fructus piperis longi*) 2.5 g
   Thyme (*Thymus vulgaris*) 10 g
   After preparing the herbs, honey may be added to the decoction, which should be taken between three and five times a day, warm.
   Action: Promotes sweating, benefits the Middle and the Upper Jiao, relaxes the chest and stops the coughing.
2. **Xuan Fu Hua Tang** Classic TCM prescription
   Xuan Fu Hua *(Flos inulae)* 9 g
   Xian Fu *(Rhizoma cyperi rotundi) 6* g
   Su Geng *(Radix perillae frutescentis*) 6 g
   Yu Jin *(Tuber curcumae) 6* g
   Zhi Ke *(Fructus citri aurantii) 6* g
   Si Gua Luo *(Fasciculus vascularis luffae) 6* g
   Action: Unblocks the Liver channel and benefits the hypochondria, relaxes the chest and descends the Qi in the chest; stops pain.

CASE STUDY 8: Chest Pain

Male patient

Age 50

Complaint Collapsed with severe chest and neck pain in the left side of the body while driving home from work. His wife was in the car with him, and was able to drive him to the nearest hospital, where tests were carried out for a possible coronary problem. Diagnosis was negative and he was sent home with a painkiller.

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Present Medication None.

Pulse Strong and floating.

Tongue Red body, with thin white coating.

Diagnosis As it was summer the patient had been working in front of a cloth-presser bare-chested, all day, the entire week. He also perspires profusely. Air-conditioning had recently been installed at the factory and, at his request, one outlet was placed above his head. Consequently, Wind-Cold had entered the channels via the sweat pores, causing spasm and pain in the chest muscles.

Treatment Principle Remove the Wind-Cold, relax the chest muscles and stop the pain.

Application

Cupping Therapy Strong 'A' cupping method was applied on each visit (see Fig.ll.4B).

Acupuncture LI-4 Hegu, P-4 Ximen, CV-17 Shanzhong, GB-20 Fengchi, GB-21 Jianjing and BL-12 Fengmen. All dispersing method.

Gua Sha Gua Sha was applied on the sternum and under the left clavicle.

Explanation LI-4 clears the Exterior and relaxes the sinews. P-4 (Accumulation point of the Pericardium channel) opens the channel, removes obstruction and stops pain. CV-17 (Front-Mu point of the Pericardium and the Upper Burner) is very important when treating any kind of chest complaint, as it relaxes the chest and the diaphragm. GB-20, GB-21 and BL-12 all expel the Wind-Cold, relax the neck muscles and stop the pain. Gua Sha to the sternum and under the clavicle relaxes the chest, removes the Exterior and stops the pain. Strong 'A' cupping is an empirical method of treatment for removing External Wind-Cold and relaxing the neck muscles.

Prognosis The patient had a total of three visits, and all his pains disappeared. He was advised to move his workbench away from the direct draught and also to wear a cotton T-shirt while working.

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Common Cold and Influenza

Folklore remedies in many cultures will certainly include cupping as their main treatment for the common cold. In the clinical situation I also personally favour cupping to all other therapies when treating the chest for a Cold-related disorder.

Aetiology and Pathology

In TCM the common cold and influenza are considered External pathogenic factors of Wind-Cold or Wind-Heat invading the body Externally. In Western medicine, however, they are seen as a viral infection of the chest. Both of these assumptions are, of course, correct in their own pathologies. Let us take a closer look at the clinical manifestations and differentiation of the two patterns mentioned above, in TCM terms.

1. *Wind-Cold* Fever with no sweating, pain and stiffness in the head and neck and a general body aching. Usually a lingering, ongoing condition, aversion to cold and wind, and a preference for warm drinks. Pain is usually reduced after applying heat. No swelling, usually feeling cold all over the body with pain.
2. *Wind-Heat* A sudden onset with fever and some sweating, sore throat and thirst with headaches, aversion to heat, a preference for cold drinks, pain worse when heat is applied, redness with swelling and pain.

Treatment
Wind-Cold

Treatment Principle Remove the External pathogen, induce sweating and keep the patient warm.

Application

Cupping therapy Apply Light to Medium 'A' cupping technique. After removing the cups, immediately reapply to the following points: LU-1 Zhongfu, BL-12 Fengmen, BL-43 Gaohuangshu and BL-23 Shenshu (Fig. 11.7).

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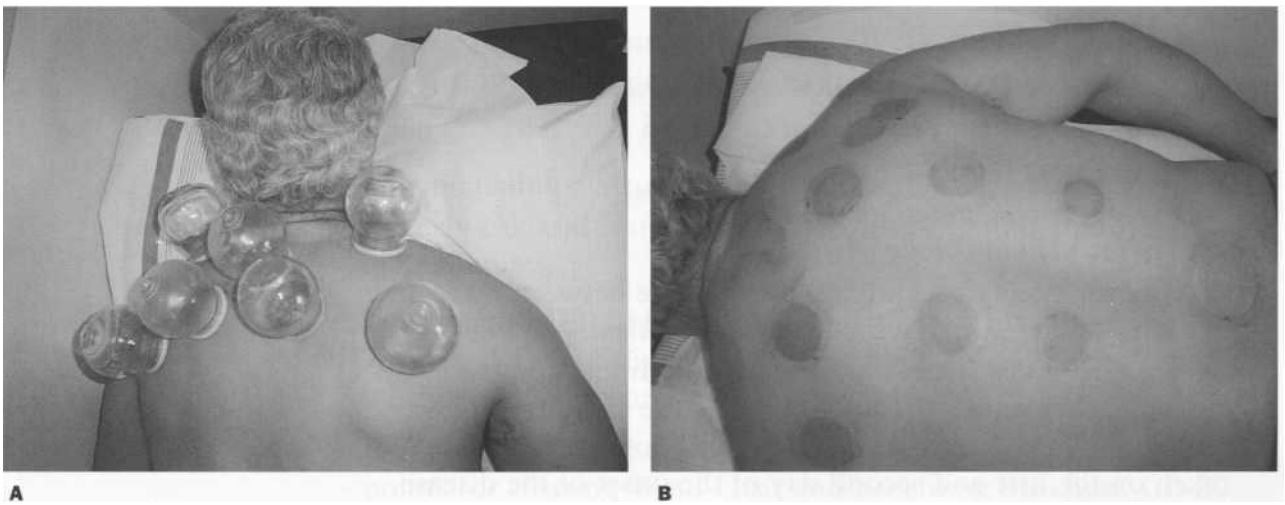

A B

Fig.11.7 (A,B) Treating common cold and influenza.

Cupping Duration

Children

- Under 5: 2-3 minutes, Empty or Light cupping
- 5-7: up to 10 minutes, Empty or Light cupping
- 7-14: up to 15 minutes, Light or Medium cupping.

Adults

- Young adults: Medium or Strong cupping, up to 20 minutes
- The weak and frail: Empty or Weak cupping, up to 10 minutes.

Acupuncture LI-4 Hegu, LU-7 Lieque, TW-5 Waiguan, BL-12 Lengmen, BL-13 Leishu, GB-20 Lengchi and LI-20 Yingxiang.

Moxibustion Moxa abdominal points such as CV-4 Guanyuan, CV-6 Qihai, CV-8 Shenque, CV-10 Xiawan, CV-12 Zhongwan and Liv-13 Zhangmen. This will benefit the Wei-Qi and help remove Wind-Cold from the abdomen.

Comments Lollowing the treatment, give a warm drink such as herbal tea or soup, and keep the patient covered with a blanket in bed to promote sweating. The sweating action will assist in the removal of the External pathogen.

Explanation LU-1 (Lront-Mu point of the Lungs) tonifies the Lungs and releases the Exterior. LU-7, LI-4, TW-5 and BL-12 all expel Wind-Cold and open the nasal obstruction. GB-20 treats stiff neck and stops headaches. BL-13 benefits the Lungs and stops the coughing. BL-43 reinforces the Qi, ventilates the Lungs and stops coughing. LI-20 disperses the nasal phlegm and opens the nasal passages. 'A' cupping and BL-12 remove Wind-Cold from the Lungs and stop the coughing; both points are very important when treating Cold-induced disorders. Cupping on BL-23 removes the Cold from the back and tonifies the Kidneys (see Plate 12 in the colour plate section).

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Herbal Remedies

1. **Kaynar**

   Sheng Jiang (*Rhizoma zingiberis officinalis)* 10 g
   Rou Gui (*Cortex cinnamomi cassiae) 5* g
   Ding Xiang *(Flos caryophylli)* 6 cloves
   Bi Ba (*Fructus piperis longi)* **2.5** g
   Thyme (*Thymus vulgaris*) 10 g
   Prepare the decoction and add honey; take between three and five cups a day, warm, with or without a meal.
   Action: Promotes sweating, benefits the Middle and the Upper Jiao, relaxes the chest and stops the coughing. This is the author's favoured decoction, and is most effective when taken on the first and second day of the onset of the disease.

2. **Ma Huang Tang** Classic TCM prescription
   Ma Huang (*Herba ephedrae)* **9** g
   Gui Zhi (*Ramulus cinnamomi cassiae) 6* g
   Xing Ren (*Semen pruni armeniacae)* 10 g
   Zhi Gan Cao *(Radix glycyrrhizae uralensis)*
   honey-fried 3 g
   Action: Promotes sweating, releases the Exterior and benefits the chest.

3. **Gui Zhi Tang** Classic TCM prescription
   Gui Zhi (*Ramulus cinnamomi cassiae)* **9** g
   Shao Yao (*Radix paeoniae*) **9** g
   Sheng Jiang *(Rhizoma zingiberis officinalis) 9* g
   Da Zao *(Fructus zizyphi jujubae)* 12 pieces
   Zhi Gan Cao *(Radix glycyrrhizae uralensis)*
   honey-fried 6 g
   Action: Releases the Wind-Cold, regulates the Nutritive and Wei-Qi. This formula is one of the pillars in treating Cold-induced disorders.

Wind-Heat

Treatment Principle Remove the pathogen Wind-Heat, reduce fever and stop the coughing.

Application

Cupping Therapy Strong cupping method on DU-14 Dazhui, BL-12 Fengmen, BL-13 Feishu and BL-43 Gaohuangshu, followed by a Strong 'A' cupping or Moving cupping on the Bladder channel bilaterally.

Cupping Duration

Children

- Under 5: 2-3 minutes, Empty or Weak cupping
- 5-7: up to 10 minutes, Empty or Weak cupping
- 7-14: up to 15 minutes, Weak or Medium cupping.

Adults

- Young adults: Strong or Moving cupping, up to 20 minutes
- The weak and frail: Light to Medium cupping, up to 10 minutes.

Acupuncture LI-4 Hegu, LI-11 Quchi, TW-5 Waiguan, GB-20 Fengchi, DU-14 Dazhui, BL-12 Fengmen and BL-13 Feishu. All with dispersing technique.

Explanation LI-4, LI-11, TW-5 and DU-14 are four important points for clearing Wind-Heat and benefiting the chest. GB-20 clears Wind-Heat and relieves the neck tension and headaches.

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BL-12 and BL-13, two cardinal points when treating Lung conditions, are especially beneficial points for cupping. Strong 'A' or Moving cupping opens the channels, releases the Exterior, moves Qi and relaxes the muscles.

Herbal Prescription

1. **Sang Ju Yin** Classic TCM prescription
   Sang Ye (*Folium mori albae)* 7.5 g
   Ju Hua (*Flos cbrysanthemi morifolii)* 3 g
   Lian Qiao *(Fructus forsythiae suspensae)* 4.5 g
   Bo He (*Herba menthae haplocalycis*) (add near end) 2.5 g
   Jie Geng (*Radix platycodi grandiflori) 6* g
   Xing Ren (*Semen pruni armeniacae)* 6 g
   Lu Gen *(Rbizoma phragmitis communis) 6 g*
   Gan Cao *(Radix glycyrrhizae uralensis)* 2.5 g
   This prescription is available as a ready-packed formula from herbalists.
   Action: Reduces fever, releases the Wind-Heat, benefits the Lungs and stops the coughing.
2. **Yin Qiao San** Classic TCM prescription
   Jin Yin Hua *(Flos lonicerae japonicae)* 10 g
   Lian Qiao *(Fructus forsythiae suspensae)* 10 g
   Jie Geng *(Radix platycodi grandiflori) 6* g
   Niu Bang Zi *(Fructus arctii lappae)* 10 g
   Bo He *(Herba menthae haplocalycis) 5* g
   Dan Dou Chi *(Semen sojae praeparata) 5* g
   Jing Jie *(Herbae seu flos schizonepetae tenuifoliae)* 9 g
   Dan Zhu Ye *(Herba lophatheri gracilis) 5* g
   Xian Lu Gen *(Rbizoma phragmitis communis recens)* 20 g
   Gan Cao *(Radix glycyrrhizae uralensis) 5* g
   Action: Releases Exterior Wind-Heat, clears heat, stops the coughing and clears toxicity. This prescription is available in ready-prepared tablet form.

CASE STUDY 9: Common Cold

Female patient
Age 13

Complaint Continuous sneezing, with a runny nose.

Present Medication None.

Pulse Rapid and floating.

Tongue Slightly red body, no coating.

Observation She is a student and also likes partying. According to her father, 'she wears very little' when she goes out. Being an

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only child she has her own way a good deal. She is also extremely pale, constantly feels tired and prefers to stay in bed, especially in the mornings. Her attitude is that of a 19-year-old girl. Despite the fact that it is winter, she wears a very light dress with no jumper.

Diagnosis Qi Xu (energy deficiency) with Wind-Cold invasion. Owing to her excessive activities and lack of rest she has depleted her energies, leaving her Wei-Qi (defensive energy) in very poor condition. The fact that she wears so little clothing makes her even more vulnerable to External pathogens such as Wind or Cold. This is very much a case of the Greater Yang stage of the Cold, with clear symptoms such as floating pulse, sneezing and a runny nose accompanying the complaint.

Treatment Principle Remove the Wind-Cold and tonify the Wei-Qi.

Application

Cupping Therapy Medium cupping on **BL-12** Fengmen for *5* minutes, followed by 'A' cupping for a further 10 minutes on each visit (see Fig.11.5).

Acupuncture LI-4 Hegu dispersing, LU-7 Lieque tonifying, LI-20 Yingxiang even, ST-36 Zusanli and CV-6 Qihai both tonifying, GB-20 Fengchi dispersing, BL-12 Fengmen, BL-13 Feishu and BL-23 Shenshu, all three tonifying.

Moxibustion Moxa application to LU-1 Zhongfu, LU-7 Lieque, CV-3 Zhongji, CV-4 Guanyuan, CV-6 Qihai, CV-12 Zhongwan and ST-36 Zusanli.

Explanation LI-4, LU-7, GB-20 and BL-12 all expel Wind-Cold. LI-20 and GB-20 clear nasal blockage. BL-13 tonifies the Lungs. CV-6, ST-36 and BL-23 all tonify the Qi of the body and, together with LU-7, benefit the Wei-Qi. Moxibustion to LU-1 and LU-7 is my personal favoured method of warming and tonifying the Lung-Qi during the invasion of Wind-Cold. Moxibustion from CV-3 to CV-12 and ST-36 removes the Cold and warms the Lower and Middle Burner, benefiting the Wei-Qi. BL-12 is an empirical point for cupping to expel the Wind-Cold, while 'A' cupping expels the Wind-Cold from the chest, as well as relieving the muscular tension in the neck and shoulders.

Prognosis The patient received eight treatments, sometimes weekly and sometimes bi-weekly, most of the time being late or missing her appointment altogether. Her Cold and sneezing bouts disappeared, but the tiredness remained as part of her characteristic.

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Constipation

This is one of the 'secret' complaints of Western society. In my opinion, more people are administering self-medication for this complaint than for all other complaints put together. These days it is so easy and convenient to purchase one of many varieties of laxative available, some herbal and some conventional pharmaceutical products. I remember visiting a herbalist in a European country, where there was a box of herbs in the window marked 'slimming herb'. On closer inspection and a finger-taste, I discovered that it was nothing more than powdered Senna leaf. It is of some concern to consider what he might have been selling as a laxative!

Aetiology and Pathology

Constipation can be due to an Energy deficiency (seen more frequently in elderly patients); excessive consumption of food, causing 'Food blockage' (seen more in children); poor diet (although the diet factor is relatively less significant these days, owing to the much publicized need for fibre in the diet, which has led to a general increase in fresh vegetable and fruit intake over the last 10-15 years); the consumption of raw and cold food and drink; lack of fluid intake; most painkilling tablets; the aftermath of a febrile disease; lack of exercise, particularly walking; and emotional upsets leading to Liver-Qi stagnation.

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Treatment

In general, constipation can be classified under two headings: Cold, Deficient type, the clinical manifestations of which are alternating symptoms, such as diarrhoea and constipation with abdominal pain, and Hot, Excessive type, whose clinical manifestations are dry stools with constipation, accompanied by thirst and a dry mouth.

Cold, Deficient Type Constipation

Treatment Principle Warm and regulate the Stomach/Spleen-Qi, and move the bowels.

Application

Cupping Therapy Medium cupping on ST-25 Tianshu, CV-12 Zhongwan, Liv-13 Zhangmen, BL-20 Pishu and BL-25 Dachangshu. For children under 7, massage the abdomen with olive oil using a clockwise circular motion.

Acupuncture ST-36 Zusanli, ST-37 Shangjuxu, ST-25 Tianshu, SP-15 Daheng and TW-6 Zhigou. All tonifying method.

Moxibustion Moxa and warm the abdomen, preferably using a moxa box.

Explanation Acupuncture to SP-15 and ST-25 (Front-Mu point of the Large Intestine) is especially useful in the treatment of Wind in the intestines; it also regulates the Large Intestine and helps with intestinal peristalsis. ST-36 and CV-12 (Front-Mu point of the Stomach) regulate and tonify the Stomach/Spleen. Liv-13 (Front-Mu point of the Spleen) assists the smooth circulation of Liver-Qi and relieves the Liver-Qi stagnation, especially during emotional upsets. ST-37 and TW-6 are special points for influencing the Large Intestine-Qi. BL-20 benefits the Spleen/Stomach-Qi, while BL-25 (Back-Shu point of the Large Intestine) directs the Qi to the organ and assists with the bowel movement.

Moxibustion Moxa to the abdomen warms the Spleen and Stomach-Qi, removes Cold and stops pain. Identify the main cause of the constipation by thorough investigation and interrogation. Point out the benefits of regular, warm food intake, which includes soups and plenty of fresh vegetables and pulses, while eating fewer meat products, and also the need for exercise.

Herbal Prescription

Wen Pi Tang Classic TCM prescription

Da Huang (*Rhizoma rhei)* 9 g
Fu Zi *(Radix aconiti carmichaeli praeparata)* 6 g
Gan Jiang (*Rhizoma zingiberis officinalis*) 4.5 g
Zhi Gan Cao (*Radix glycyrrhizae uralensis praeparata)* 3 g
Fu Zi can be replaced with **Rou Gui** (*Cortex cinnamomi cassiae*) 3 g

Action: Warms the Spleen and Stomach, removes Cold, tonifies the Kidney-Qi and moves stool downwards.

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Hot, Excessive Type Constipation

Treatment Principle Remove Heat, regulate the Large Intestine and move the bowels.

Application To the previous acupuncture points, add: LI-4 Hegu, LI-11 Quchi, ST-44 Neiting and Liv-2 Xingjian. Cup the same points as before, using a Stronger method when draining the Heat.

Explanation LI-4, LI-11, ST-44 and Liv-2 all clear heat from the Stomach, Spleen, Large Intestine and Liver, and also help with movement of the stools.

Herbal Prescription

1. **Ma Zi Ren Wan** Classic TCM prescription
   Huo Ma Ren (*Semen cannabis sativae)* 9 g
   Da Huang *(Rhizoma rhei)* 6 g
   Xing Ren (*Semen pruni armeniacae)* 4.5 g
   Zhi Shi (*Fructus citri aurantii immaturus) 6* g
   Hou Po (*Cortex magnoliae officinalis*) 4.5 g
   Bai Shao *(Radix paeoniae albae)* 4.5 g
   Action: Moistens the Intestines, drains Heat, unblocks the bowels.

2. **Linseed, also called Flaxseed** *(Linum usitatissimum)*

This marvellous seed, even when used on its own, has helped solve many of my patients' chronic and stubborn constipation problems. The extra-hard outer shell of this miracle seed has to be crushed before it can be of any assistance. For this purpose a coffee grinder or a special crusher is needed because an ordinary blender won't crush the linseed. Once crushed it must be stored in an airtight jar to avoid atmospheric contact, thus delaying rancidity. As well as containing a large amount of fibre it also produces mucilage that helps moisten the intestines. It is also extremely rich in omega 3 fatty acids. As a matter of fact, it contains twice as much omega 3 fatty acids as fish oil!

For chronic constipation suffers I recommend 2 tablespoons of crushed linseed for the first week, and a maintenance dose of 1 tablespoon per day thereafter. This can be sprinkled over breakfast cereal or added to soup or yoghurt. The fluid intake must also be increased by at least 30% while taking the crushed linseed. Extra fluid intake will help the linseed to form into a bulk that will help with the peristaltic movement of the large intestine. Children (in lower doses) as well as adults can benefit from the use of linseed.

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CASE STUDY 10: Constipation

Male patient
Age 50

Complaint Has suffered from constipation for over 10 years. When not taking laxatives his bowel movement is once every 15 days, and with great difficulty.

Present Medication Glycerol suppositories and Senna herbal tablets.

Pulse Rapid and strong.

Tongue Reddish body with a thin, yellow coating.

Observation He was a mobile mechanic by profession, which meant that he was driving long distances without much exercise

or stopping for regular breaks for food or rest. His staple diet was ready-made fast food and a fizzy drink. He had a strongly built body, with no excess weight. He also smoked between 20 and 30 cigarettes a day while driving.

Diagnosis Hot, Dry type constipation with Liver-Qi stagnation. This is the result of the wrong diet and frustration brought on by driving in heavy traffic all day; he is probably also compelled to ignore 'nature's calls' as he is often on the road. Irregular, snack-type food, eating while on the move, too often having the same kind of food, lack of exercise, sitting for too long, and the fact that he did not enjoy his work, all contributed towards stagnation leading to constipation.

Treatment Principle Remove the Stomach Heat, assure the smooth flow of Liver-Qi, regulate and moisturize the Large Intestine.

Application

Cupping Therapy Medium cupping on CV-12 Zhongwan, Liv-13 Zhangmen, SP-15 Daheng and BL-25 Dachangshu (see Plate 12 in the colour plate section).

Acupuncture LI-4 Hegu and LI-11 Quchi dispersing, CV-12 Zhongwan, ST-21 Liangmen and ST-25 Tianshu, all three tonifying, TW-6 Zhigou dispersing, SP-15 Dahang even, Liv-3 Taichong, ST-44 Neiting, BL-25 Dachangshu and BL-57 Chengshan, all four points dispersing.

Explanation LI-4 and LI-11 clear Heat from the Large Intestine and move the stools. CV-12 regulates the Middle and moisturizes the Stomach. ST-21 clears the Stomach Heat. ST-25 (Front-Mu point of the Large Intestine) regulates the organ. TW-6 and SP-15 (empirical points to influence the Large Intestine-Qi) treat the constipation. Liv-3 clears the Liver Heat and maintains smooth flow of the Liver-Qi, an essential point for emotional frustrations such as discontent or anger. ST-44 clears the Stomach Heat. BL-25 (Back-Shu point of the Large Intestine) moves the Large Intestine. BL-57 is an empirical distal point for the treatment of constipation. Medium cupping on CV-12 Zhongwan, Liv-13 Zhangmen, ST-25 Tianshu, SP-15 Daheng and Strong cupping on BL-25, all influence the digestive organs, and in particular the peristaltic movement of the Large Intestine.

Prognosis Part of the treatment included the herbal prescription of Ma Zi Ren Wan to clear the Stomach and Large Intestine Heat. The patient was also advised to take up some form of exercise, long walks in particular, to have more regular and proper meals, and to avoid rich and greasy fast foods, drinking plenty of fresh water and eating fresh fruits rather than dried nuts. With long-term constipation sufferers their digestive internal clock has somehow come to a stop. To restart this, a

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disciplined regime of proper meals, rest and plenty of exercise is essential. Taking laxatives for a long period of time is not a sensible solution for constipation. After 3 months of weekly treatment the patient's condition was much improved and he was passing well-formed stools once every other day.

Cough

Everyone contracts a cough at some time or another - winter or summer, the season does not seem to make much difference. Children, adults and the elderly alike are equally susceptible to coughs, and they can quite often turn into a distressing condition, especially in children or the elderly.

Aetiology and Pathology

The primary cause of cough is an attack of the External pathogen of Wind-Cold or Wind-Eleat, which in both cases causes injury to the Lung-Qi. Deficient Lung-Qi fails to direct the Qi downward, causing coughing. Broadly speaking, coughs can be classified under two headings: Wind-Cold and Wind-Heat. These can also be further subdivided within their own pathologies; however, within the context of this book the clinical manifestations of Wind-Cold and Wind-Heat will be discussed.

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Treatment Wind-Cold

Clinical manifestations include cough with watery sputum, thin, white nasal discharge, sneezing, aversion to cold, slight or no raised temperature, body aches and a stiff neck.

Treatment Principle Expel the Exterior Wind-Cold, restore the descending action of the Lung-Qi, encourage sweating and stop the coughing.

Application

Cupping Therapy Dingchuan Extra, GB-21 Jianjing, BL-12 Fengmen and BL-13 Feishu, or 'A' cupping (Fig.11.8).

Reported Additional Cupping Points in the Treatment of Cough for Children's Respiratory Disorders[1] The treatment of *whooping cough* was published in the 1960s, with cupping over DU-12 Shenzhu point only. A different practitioner used cupping over CV-21 Xuanji and ST-14 Kufang, alternating with BL-13 Feishu and DU-14 Dazhui. For *chronic bronchitis in infants* (7-12 months), pricking of DU-14 Dazhui for bloodletting,

A

B

C

Fig.11.8 (A-C) Treating colds and cough.

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followed by cupping. For *acute bronchitis in children,* cupping to BL-13 Feishu, K-25 Shencang and K-24 Lingxu bilaterally and alternately. For *phlegmy dyspnoea,* Water cupping over BL-12 Fengmen, BL-13 Feishu, BL-43 Gaohuangshu, CV-21 Xuanji, CV-20 Huagai and ST-15 Wuyi has been employed.

Cupping Duration

Children

- Under 5: 2-3 minutes, Empty or Weak cupping
- 5-7: up to 10 minutes, Empty or Weak cupping
- 7-14: up to 15 minutes, Weak or Medium cupping.

Adults

- Young adults: Strong or Moving cupping, up to 20 minutes
- The weak and frail: Light to Medium cupping, up to 10 minutes.

Acupuncture LI-4 Elegu and LU-9 Taiyuan dispersing, LU-6 Kongzui even, LU-7 Lieque tonifying, K-7 Fuliu and

BL-12 Fengmen dispersing, BL-13 Feishu tonifying, K-3 Taixi and BL-23 Shenshu tonifying.

Moxibustion Warm the Lungs and the Kidneys with moxa (preferably with a moxa box) to LU-1 Zhongfu, BL-12 Fengmen, BL-13 Feishu, Dingchuan Extra, BL-20 Pishu and BL-23 Shenshu.

Explanation LI-4 expels the Exterior, opens the channel and benefits the chest. LU-6, LU-7 and LU-9 are all very important points for treating the Lungs and cough. LI-4 and K-7 combination is often used to promote sweating and the release of External pathogens. K-3 and BL-23 tonify the Kidneys in order to help the Lung-Qi. GB-21 expels Wind and relaxes the shoulders. BL-12 expels the Wind-Cold from the Lungs, while BL-13 tonifies the Lungs and stops the coughing. Moxibustion to LU-1, BL-12 and BL-13 warms and strengthens the Lungs, while moxa on BL-23 tonifies the Kidneys. Cupping application to Dingchuan, BL-12, BL-13 or 'A' cupping all release the Cold from the Lungs and stop the coughing.

Herbal Remedies

1. Ma Huang Tang Classic TCM prescription (see Common cold)
   Action: Releases Exterior Wind-Cold, stimulates sweating and stops the coughing.
2. Kaynar (traditional Turkish herbal winter tea)
   Action: Promotes sweating, benefits the Middle and the Lungs, and stops the coughing.

Wind-Heat

Clinical manifestations include dry cough, sore throat, sticky thick phlegm, thick nasal discharge, headache, raised temperature and some sweating.

Treatment Principle Clear the Lung-Heat, restore the descending action of the Lung-Qi and stop the coughing.

Application

Cupping Therapy Use a stronger cupping technique to the same points as in the common cold, with the addition of LU-1 Zhongfu (see Fig.11.3).

Acupuncture As in Wind-Cold, adding LU-1 Zhongfu, LU-10 Yuji, LU-5 Chize and DU-14 Dazhui. All the acupuncture points above clear Heat and benefit the Lungs.

Herbal Remedies

1. Sang Ju Yin Classic TCM prescription
2. Yin Qiao San Classic TCM prescription

See above, Common cold and influenza.

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Dysmenorrhoea

Dysmenorrhoea is very common complaint in modern society. The clinical manifestations include abdominal pain before, during or after the onset of menstruation, often accompanied by other symptoms such as lower backache, dizziness, nausea, restlessness, agitation, tiredness and heart palpitations. Failure to protect and nurture the body during menstruation is a key factor in dysmenorrhoea. Television advertisements often imply that a woman wearing a tampon can easily go about her daily routines, including swimming and mountain climbing! Not long ago, and in many different cultures around the world, a woman during menstruation stayed at home doing little and resting. Some cultures also have a degree of religious or superstitious belief that menstruation is 'unclean'.

Aetiology and Pathology

The pain is the result of stagnation of Qi (Liver-Qi) and Blood in the uterus, or Cold-Damp invading the uterus, Damp-Heat retention in the Liver channel and deficiency of Qi and Blood. Excessive, Full type dysmenorrhoea is characterized by severe lower abdominal pain during the flow; Deficient, Empty type dysmenorrhoea is characterized by a dull, lingering lower abdominal pain towards the end of the period.

Treatment
Stagnation of Liver-Qi and Blood

Clinical manifestations include breast distension, pain before or during the flow, some blood clots, agitation and restlessness.

Treatment Principle Remove the Liver-Qi stagnation, move Qi and Blood, and stop pain.

Cold-Damp Invading the Uterus

Clinical manifestations include feeling cold, especially in the lower extremities and abdomen, colicky pain before or during menstruation, lower backache, tiredness and pain relieved by hot water bottle application.

Treatment

Treatment Principle Warm the lower abdomen, remove Cold, and restore the movement of Qi and Blood.

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Damp-heat Retention in the Liver Channel

Clinical manifestations include distending pain in the lower abdomen, short cycle, dark red flow with clots, restlessness and agitation.

Treatment Principle Resolve Dampness, clear Heat and stagnation.

Deficiency of Qi and Blood

Clinical manifestations include postmenstrual pain, pain relieved by pressure, long cycle, large amounts of menstrual flow, pale complexion, dizziness, palpitations and tiredness.

Treatment Principle Tonify Qi and Blood, remove stagnation in the uterus.

As seen in the above four differentiations, all pathological conditions cause *stagnation* of the Qi and Blood, leading to dysmenorrhoea. Therefore, *tonifying* the Empty, *draining* the Excess, *warming* the Cold and *cooling* the Heat are the treatment principles applied.

Application

Cupping Therapy In all four situations various strengths of cupping are applied to the same points, depending on the energetic condition of the particular patient: Liv-13 Zhangmen, CV-4 Guanyuan and ST-29 Guilai. In cases of back pain, use the lower back cupping points in the section on Back pain (see Plate 13 in the colour plate section).

Reported Additional Cupping Points in the Treatment of Gynaecological Disorders[1] In the last 40 years conditions of *leukorrhoea, labour* and *mammary* were treated by cupping therapy. *Oligomenorrhoea* and *infertility* are treated by needling BL-23 Shenshu in a downward direction, combined with Moving cupping to the same point, and *leukorrhoea* by prickly needling and cupping at Yaoyan Extra under the third lumbar vertebra and the area around Balio (BL-31 to BL-34). The treatment of 47 cases of uterine pain has been reported by the Longyan District Hospital[1] by cupping to CV-4 Guanyuan combined with needling of ST-36 Zusanli and CV-4 Guanyuan. For *postpartum deficiency of milk secretion,* acupuncture to BL-15 Xinshu followed by cupping to the same point has been employed.

Acupuncture The main acupuncture points for the treatment of dysmenorrhoea are LI-4 Hegu, SP-8 Diji, CV-3 Zhongji, CV-6 Qihai, ST-29 Guilai, SP-6 Sanyinjiao, Liv-3 Taichong, Shiqizhui Extra and BL-32 Ciliao. Further acupuncture points can be added to the main prescription depending on the differentiation of syndromes.

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Moxibustion Moxibustion to the lower abdomen and the lower back is an essential part of the treatment in all cases of Cold-related dysmenorrhoea.

Explanation LI-4 and SP-8 combination regulates the blood in the uterus and stops pain. CV-3, CV-6 and ST-29 are local points to remove blood stasis and stop pain. SP-6 and Liv-3 move Qi and Blood and stop pain. BL-32 and Shiqizhui Extra point remove obstruction from the channel, and are cardinal points when treating dysmenorrhoea. Cupping Liv-13 promotes the flow of Liver-Qi and benefits the Middle; CV-3, CV-6 and ST-29 are the local points regulating the Ren and Chong channels, thus influencing the uterus.

Cupping Duration

- Under 16: up to 10 minutes
- Under 50: up to 20 minutes.

Precaution

Do not apply Strong or Moving cupping to the abdominal points.

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CASE STUDY 11: Dysmenorrhoea

Age 26

Complaint Bad period pains just before the period and after onset for 2 days, then the pain subsides.

Present Medication Taking the contraceptive pill and co-proxamol analgesics.

Pulse Wiry, weak at the Kidney pulse.

Tongue Nothing of significance.

Observation The patient is a very slim-built girl, studying and working at the same time. The fear of gaining weight prevents her eating proper meals, therefore she only eats once a day. With period pains she also has painful breasts and becomes moody with weepy spells. For the first 2 days of her period she stays at home because of the severity of the pain. She sleeps well and suffers no particular bowel problems.

Diagnosis Qi and Blood deficiency with pronounced Liver-Qi stagnation. Depriving the body of proper nutrition for a long period of time has led to this deficiency. Working and studying for her accountancy course has contributed further towards her deficiency. The anxiety of having to take 2 days off work every month, coupled with the heavy mental demands of her studies, has resulted in stagnation of the Liver-Qi, hence the mood swings and the distended and painful breasts during menstruation.

Treatment Principle Tonify the Qi and Blood, disperse the Liver-Qi and remove the stagnation, regulate the uterus and stop the pain.

Application

Cupping Therapy Light cupping on Liv-13 Zhangmen, CV-4 Guanyuan and ST-29 Guilai (see Fig. 11.2).

Acupuncture LI-4 Hegu, SP-8 Diji, SP-10 Xuehai, ST-18 Rugen, CV-12 Zhongwan, ST-29 Guilai, CV-4 Guanyuan, Liv-3 Taichong, BL-20 Pishu and BL-32 Ciliao.

Moxibustion Moxa treatment to SP-6 Sanyinjiao, BL-20 Pishu and BL-23 Shenshu. Hot-Needle (moxa piece on the needle) to CV-12 Zhongwan and CV-4 Guanyuan.

Herbal Prescription For 3 months the classic prescriptions of Gui Pi Tang and Liu Wei Di Huang Wan were also prescribed in the prepared tablet form, together with Gan Cao *(Radix glycyrrhizae uralensis*), Hong Hua *(Flos carthami tinctorii*), Ru Xiang *(Olibanum gummi)* and Mo Yao *(Myrrha)* in a tincture form, to be taken 1 week before the onset of the period.

Explanation LI-4 and SP-8 regulate the blood in the uterus and stop the pain. SP-10 removes the Blood stagnation and also tonifies the Blood. ST-18 relieves the Qi stagnation from the breasts and stops the breast pain. CV-12 benefits the Middle and influences the Qi. ST-29 and CV-6 are the local points for treating and regulating the uterus, Liv-3 promotes the smooth flow of the stagnated Liver-Qi, BL-20 tonifies the Stomach/Spleen, benefiting the Blood, and BL-32 opens the channel and influences the uterus. Moxa treatment to SP-6, BL-20 and BL-23 warms the Kidneys, benefiting the Qi and Blood. Hot Needle treatment to CV-4 and CV-12 in particular tonifies the Stomach/Spleen and the Kidneys (Fig.11.9). Cupping application to Liv-13 helps to disperse the Liver-Qi stagnation from the Middle. CV-4 and ST-29 are the local points for regulating the uterus and stopping pain. The two classic prescriptions tonify the Qi and Blood, and the tincture was prescribed to move the Blood in the uterus and stop the pain.

Prognosis The weekly treatment was continued for 3 months, by which time the period pains were much reduced and the patient was able to continue with her work during the onset. She received 10 further monthly booster treatments, and was advised to continue taking the herbs for a further 10 months.

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Fevers

Complementary medicine practitioners, when presented with a condition which accompanies a fever, are sometimes placed in

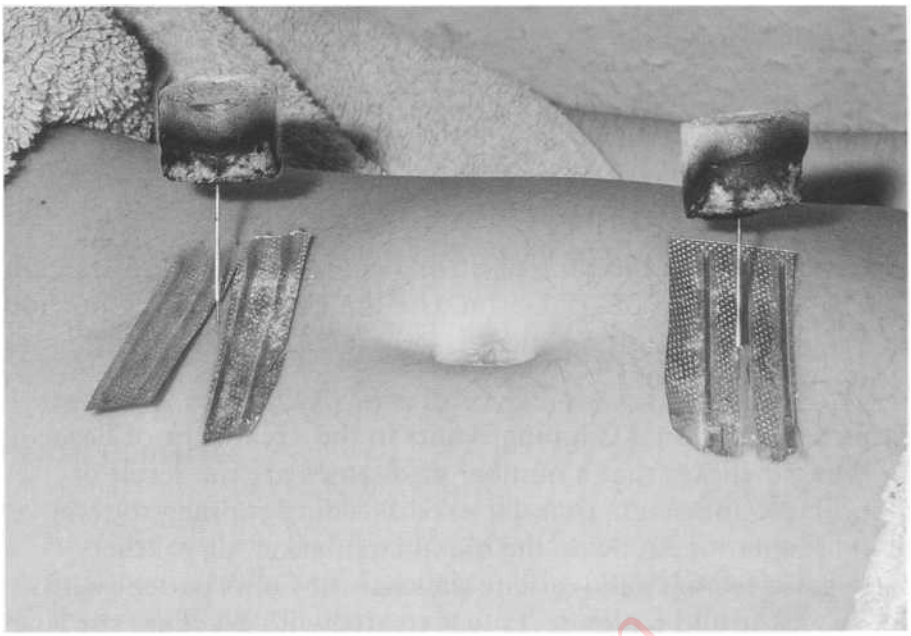

Fig.11.9 Moxa (Hot Needle) cupping on the points of CV-4 and CV-12. Excellent for tonifying the energy of the body.

a dilemma whether or not to advise the use of antibiotics, or to try to manage the disease and reduce the fever using alternative remedies alone. Chinese doctors have long recognized the diseases caused by fever, and have contributed such classics as the *Treatise on Febrile Diseases caused by Cold* (Zhang Zhong Jing, c. AD 220), also known as the 'Shanghan Lun', and the diseases caused by Wind-Heat, the 'School of Warm Diseases' (Wen Bing School, late 1600s).

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Aetiology and Pathology

From the Western medicine point of view, having a raised temperature or fever indicates an infection, and it is treated with antibiotics or antipyretic drugs. In general, antibiotics are prescribed for a short period of time, i.e. 1 or 2 weeks. Sometimes, however, people are on the antibiotics for as long as 3-4 years.

From the Chinese Medicine point of view, fever is caused by the External pathogenic factors of Wind-Cold or Wind-Heat attacking the exterior (Wei Qi). When the fever is not cleared at Wei-Qi level, it penetrates into the deeper energetic layers (Qi level, Nutritive-Qi level and Blood level), and it turns into a Warm disease. Conditions such as meningitis, measles, chickenpox and German measles are included in this category. The most common clinical presentations are fever and infection.

Treatment

Treatment Principle Always disperse the Heat first, before dealing with other symptoms.

Application

Cupping Therapy Bleeding or Strong cupping on DU-14 Dazhui, DU-10 Lingtai and BL-17 Geshu. Use the Empty cupping method on the upper back if the patient is lethargic (see Plate 14 in the colour plate section).

Reported Additional Cupping Points in the Treatment of Fever
Dr Wang[5] believes that a number of diseases are the result of Blood-Heat and stagnation. He used Bleeding cupping to remove Blood stagnation, activate the blood circulation, dispel the pathogenic factors and regulate the channel-Qi. A patient with flu, headache and a high fever was treated with Bleeding cupping to DU-14 Dazhui, BL-13 Feishu and BF-15 Xinshu. Another patient with high fever, accompanied by abdominal pain, diarrhoea with pus and bloody stools, was treated twice with Bleeding cupping to DU-14 Dazhui, BF-20 Pishu and BF-25 Dachangshu.

In 1972, Dr Qu[5] treated infantile toxic indigestion accompanied by dehydration and venous collapse with Moving cupping, using a medium-sized cup dipped in warm ginger water; this was used 30 times on bilateral Huatuojiaji points, followed by local cupping to CV-12 Zhongwan, ST-25 Tianshu and CV-4 Guanyuan 60 times in order to activate the internal organs and expel the pathogenic Heat.

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Cupping Duration

Children (including infants)

- Under 5: 2-3 minutes, Empty or Weak cupping
- 5-7: up to 10 minutes, Empty or Weak cupping
- 7-14: up to 15 minutes, Weak or Medium cupping.

Adults

- Young adults: Strong or Moving cupping, up to 20 minutes
- The weak and frail: Light to Medium cupping, up to 10 minutes.

As always, the individual's energy level should be taken into account, and the patient treated accordingly, not overzealously. Sometimes patients with fever may look quite energetic and with abundant Yang (Fire) symptoms. This, however, can be very deceiving as the Yin (Fluids) may be depleted, resulting in dryness, tiredness and listlessness.

Acupuncture Daily, or up to twice a day, to **LI-4** Hegu, H-7 Shenmen, LI-11 Quchi, DU-14 Dazhui, DU-10 Lingtai, SP-10 Xuehai and BL-40 Weizhong, all Strong draining method. Further points may be added according to the symptom differentiation.

Explanation LI-4, LI-11, DU-14, SP-10, DU-10 and BL-40 are the main acupuncture points to clear Heat and cool the Blood. H-7 clears Heat from the Heart and alleviates restlessness. Strong or Bleeding cupping method on DU-14, DU-10 and BL-17 dramatically reduces fever and returns the patient to a normal temperature, particularly effective when treating meningitis.

Herbal Remedies

- Some popular Western herbs for clearing fever are **Mint** *(Herba menthae*), **Borage** *(Borago officinalis),* **Camomile** *(Anthemis nobilis)* and **Dandelion** *(Taraxacum officinale).* Their action clears Heat, cools the Blood and vents rashes.
- Some popular Chinese herbs to clear Heat and cool the Blood are **Sheng Di Huang** *(Radix rehmanniae glutinosae),* **Xuan Shen** *(Radix scrophulariae),* **Mu Dan Pi** *(Cortex moutan radicis)* and **Zi Cao** (*Radix arnebiae).*
- Various popular Chinese herbs to clear Heat and toxicity from the Blood are **Da Qing** Ye *(Folium daqingye),* **Zi Hua Di Ding** *(Herba cum radice violae yedoensitis),* **Bai Hua She She Cao** *(Herba hedyotidis diffusae),* **Jin Yin Hua** *(Flos lonicerae japonicae)* and **Pu Gong Ying** *(Herba taraxaci mongolici).*

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Lymphatic Drainage

Lymphoedema

Lymphoedema (lymphedema) is a localized swelling caused by fluid accumulation in the tissues. Lymphoedema is the result of damage to the lymph glands during surgery, accidents or following radiotherapy treatment to various parts of the body. Most common lymphoedema sites are the legs and the arms. In majority of cases only one side of the body is affected.

TREATMENT

Treatment Principle Move Qi and fluids and remove the stagnation.

Application

Cupping Therapy Apply Light-moving cupping method to the affected limb for 5 minutes and to the unaffected healthy

limb for 10 minutes. Cupping movements should always be towards the lymph glands, i.e. towards the groin, the underarm or the neck (see Plate 14C in the colour plate section). Cupping should not be carried out if the affected limb is inflamed or tender due to radiotherapy treatment. Simultaneous cupping treatment of the unaffected limb not only improves the lymphatic circulation on that limb but will also help reduce the work of the injured glands.

Hypertension

Blood pressure is considered to be elevated when the systolic (upper) value is 160 mmHg or above, and the diastolic (lower) value is 90 mmHg or above. Both these values indicate the pressure of the blood on the walls of the vessels, the former being during heart contraction and the latter being the resting period between contractions. Blood pressure normally increases slightly with age, during pregnancy, kidney disorders, and emotional circumstances such as grief, excitement or fear.

Aetiology and Pathology

As far as TCM is concerned, 'Hypertension can be due to either Kidney-Yang or Kidney-Yin deficiency'.[6] When the Kidney-Yang (Fire) is deficient the Yin (Water) accumulates, and when the Kidney-Yin (Water) is deficient the Liver-Yin is not nourished; this leads the Liver-Yang to ascend, causing elevated blood pressure. Classic symptoms of hypertension are light-headedness, occipital or vertical headache, blurred vision, tinnitus and dizziness.

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Treatment

Treatment Principle Tonify the Kidneys and subdue the Liver-Yang.

Application

Cupping Therapy Bleeding cupping on DU-14: up to 100 ml of blood can be extracted (see Plate 15 in the colour plate section).

Acupuncture The main acupuncture points are LI-4 Hegu, Liv-3 Taichong, GB-20 Fengchi and DU-14 Dazhui, all draining. K-3 Taixi and BL-23 Shenshu are tonifying.

Explanation LI-4 and Liv-3 regulate and subdue the Liver-Yang and relax the body, K-3 and BL-23 tonify the Kidneys and GB-20 and DU-14 clear the Wind and release the tension from

the head and neck. Bleeding cupping to DU-14 temporarily reduces the blood pressure and relieves occipital headache.

Herbal Remedies A popular remedy for hypertension is the plentiful use of boiled or raw onions and fresh garlic or garlic oil capsules. Also, garlic soaked in alcohol and extracted as a tincture is said to be an effective remedy. Stinging nettle *(Urtica dioica)* and rue *(Ruta graveolens)* are among the popular Western herbs used.

Popular Chinese herbs to reduce blood pressure are Ge Gen *(Radix puerariae*), Xia Ku Cao *(Spica prunellae vulgaris),* Shan Zha *(Fructus crataegi),* Da Ji *(Flerba seu radix cirsii japonici),* Du Zhong *(Eucommiae ulmoidis),* Sang Ji Sheng *(Ramulus sangjisheng)* and Jue Ming Zi *(Semen cassiae*).

CASE STUDY 12: Hypertension

Male patient

Age 37

Complaint High blood pressure of 180/110 and insomnia. He was discovered to have elevated blood pressure during a routine check-up 3 years previously. He suffered no noticeable adverse effects. A civil servant by profession and a keen sportsman, running and weight-lifting are his main sporting activities. He also manages to sleep only 3-4 hours during the night, waking up early and failing to go back to sleep again. This pattern has not changed in the last 5-6 years.

Present Medication Over the 3 years various types of vasodilators and beta-blockers have been prescribed to reduce and control the hypertension. He does not take sleeping pills.

Pulse Strong on the surface, weak at the deeper level.

Tongue Red body with a thin, yellow coating and a pronounced red tip.

Observation This patient entered the civil service on leaving school and worked his way up to a managerial position; he enjoys his work tremendously. He has no financial problems and his girlfriend has just given birth to a boy. On the surface he looks and acts very happy and content. During our conversations, however, I noticed a certain degree of insecurity as far as his job was concerned, but he did not acknowledge this. Lack of sleep was also taking its toll; by most lunchtimes he would be very tired, but continued to work. He had a good appetite and ate well-balanced meals.

Diagnosis Hypertension resulting from Liver-Yang rising. This case was a mixture of excesses and deficiencies. Work-related worry and anxiety resulted in Heart-Fire (tip of the tongue red),

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leading to insomnia. Overwork and excessive physical activity caused the Kidney-Yin and Liver-Yin deficiency, leaving the Liver-Yang to ascend.

Treatment Principle Nourish the Liver and Kidney-Yin, clear the Heart-Fire and subdue the Liver-Yang.

Application

Cupping Therapy Bleeding cupping to DU-14 Dazhui on each visit.

Acupuncture Reducing method to LI-4 Hegu, H-7 Shenmen, Liv-3 Taichong and LI-11 Quchi. Tonifying method to K-3 Taixi, Liv-8 Quguan, SP-6 Sanyinjiao, CV-4 Guanyuan, BL-23 Shenshu and BL-52 Zhishi.

Explanation LI-4 and Liv-3 is a good combination for subduing the Liver-Yang, LI-11 clears the Heat and regulates the Qi and Blood, H-7 clears the Heart-Fire, calms the mind and promotes sleep. K-3, Liv-8, SP-6, CV-4, BL-23 and BL-52 all tonify and nourish the Kidney- and Liver-Yin. Bleeding cupping on DU-14 clears excess Heat and reduces the blood pressure.

Herbal Prescription A variation of two classic prescriptions - Huang Lian E Jiao Tang and Er Zi Wan - was prescribed:
Huang Lian *(Rhizoma coptidis)* 12 g
Huang Qin (*Radix Scutellariae)* 6 g
E Jiao *(Gelatinum corii asini)* 9 g
Shao Yao *(Radix paeoniae)* 6 g
Ji Zi Huang 2 egg yolks
Ju Hua *(Flos chrysanthemi morifolii)* 10 g
Du Zhong *(Cortex eucommiae ulmoidis)* 10 g
Nu Zhen Zi *(Fructus ligustri lucidi*) 10 g
Han Lian Cao *(Flerba ecliptae prostratae)* 10 g
Action: Clears the Heart-Fire, nourishes the Liver- and Kidney-Yin and subdues the Liver-Yang.

Prognosis After 3 months of weekly treatment his insomnia was much improved, and he was sleeping for up to 5 hours. His blood pressure was slightly reduced and maintained at 160/100.

Musculoskeletal Pain ('Bi* syndrome)

Easily the most frequently seen complaints by alternative practitioners all over the world are the musculoskeletal disorders, i. e. painful 'Bi' Syndrome. In the young this could be the result of excessive physical activity or trauma; in the elderly to lack of activity, arthritis or rheumatism.

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Aetiology and Pathology

An External attack of Damp or Wind-Cold invades the channels and collaterals causing constriction of the flow of Qi and Blood. Clinical manifestations are muscular and joint pain, sometimes with numbness or swelling. The meaning of 'Bi' is obstruction of the circulation of Qi and Blood. The External pathogenic factors such as Damp or Wind-Cold can penetrate the channels easily, particularly when the bodily Defensive-Qi is weak. There are five variations of painful 'Bi' Syndrome:

- Wind or Wandering painful 'Bi' Syndrome, characterized by wandering pain, moving between the joints or muscles
- Damp painful 'Bi' Syndrome, characterized by severe fixed pain and swelling of the joints, aggravated by damp or cold weather
- Cold painful 'Bi' Syndrome, characterized by severe pain in the joints, made worse by cold weather
- Febrile 'Bi' Syndrome, characterized by pain with local redness and hot, swollen joints
- Bone painful 'Bi' Syndrome, characterized by painful and swollen joints and with bone deformities (this type of 'Bi' Syndrome cannot be treated with cupping therapy).

Treatment

Treatment Principle Nourish the Blood when treating the Wind 'Bi' Syndrome, warm and tonify the Yang when treating the Cold painful 'Bi', tonify the Spleen when treating the Damp painful 'Bi' and clear the Heat when treating the febrile 'Bi' Syndrome.

Application: Upper Body

Cupping Therapy Medium, Strong, Moving, moxa and Needle cupping methods can all be used according to differentiation on the following points: DU-14 Dazhui, GB-21 Jianjing, SI-11 Tianzong, SI-12 Bingfeng, LI-14 Binao and LI-15 Jianyu (see Plates 16, 17 and 18 in the colour plate section).

Acupuncture Use local and distal acupuncture points to eliminate Wind, Heat, Damp or Cold pathogens. The above five syndromes are very much interlinked with each other, i.e. it is possible to see common denominators such as Wind, Heat, Damp or Cold in all five syndromes.

The main acupuncture points when treating the upper body (neck, shoulder, arm and the hands) are LI-4 Hegu, TW-4 Yangchi, TW-5 Waiguan, LI-11 Quchi, TW-10 Tianjing, LU-5 Chize, SI-11 Tianzong, SI-12 Bingfeng, LI-15 Jianyu, LI-14 Binao, GB-20 Fengchi, GB-21 Jianjing and DU-14 Dazhui.

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Explanation LI-4 opens the channels, dispels the Wind, relieves Qi stagnation and stops pain. TW-4 and TW-5 expel the Wind and relax the sinews. LI-11 clears the Heat and resolves Dampness. TW-10 and LU-5 relax the tendons and are also the local points for treating the elbow. SI-11 and SI-12 are the points over the scapula: they both relax the tendons of the scapula, benefiting movement of the arm. LI-14 and LI-15 open the channel, expel the Wind and stop pain. GB-20 and GB-21, two very important local points when treating the neck and shoulders, release the Exterior, expel the Wind, clear Heat and relax the sinews. DU-14 clears the Wind, relaxes the neck, and is one of the main points for clearing the excess Heat from the body.

Application: Lower Body

Cupping Therapy Medium, Strong, Moving and moxa cupping methods can be applied to lower back DU-3 Yaoyangguan, BL-26 Guanyuanshu and GB-30 Huantiao. Ankle joints can be cupped if swelling is present, otherwise proper suction cannot be achieved around the ankle joint (Fig.ll.10A). When treating the knee joint, cup the area around the knee, especially ST-35 Dubi and the anterior patella (Fig. 11.1 OB).

Reported Additional Cupping Points in the Treatment of 'Bi' Syndrome For pain in the shoulder blade,[1] cupping of SI-14 Jianwaishu and SI-11 Tianzong. For pain in the loins, BL-23 Shenshu, BL-26 Guanyuanshu and BL-24 Qihaishu. An inflamed joint was treated by Bleeding cupping to the surrounding joint to drain away congealed blood.[1] Ninety further cases of 'Bi' Syndrome were treated by Plum-Blossom needling followed by cupping to the local areas.[1]

Cupping Duration

Children

- Under 16: Light to Medium cupping, up to 15 minutes.

Adults

- Young adults: Medium, Strong, Moving cupping and moxa and cupping, up to 30 minutes
- The weak and frail: Empty or Weak cupping, up to 10 minutes.

Acupuncture The main acupuncture points when treating the lower back (legs, knees and the ankles) are DU-3 Yaoyangguan, BL-54 Zhibian, GB-30 Huantiao, BF-37 Yinmen, GB-29 Femur-Juliao, ST-34 Fianqiu, ST-35 Dubi, Xiyan Extra, GB-34 Yanglingquan, SP-9 Yinlingquan, BL-57 Chengshang, ST-41 Jiexi, SP-5 Shangqiu and BL-60 Kunlun.

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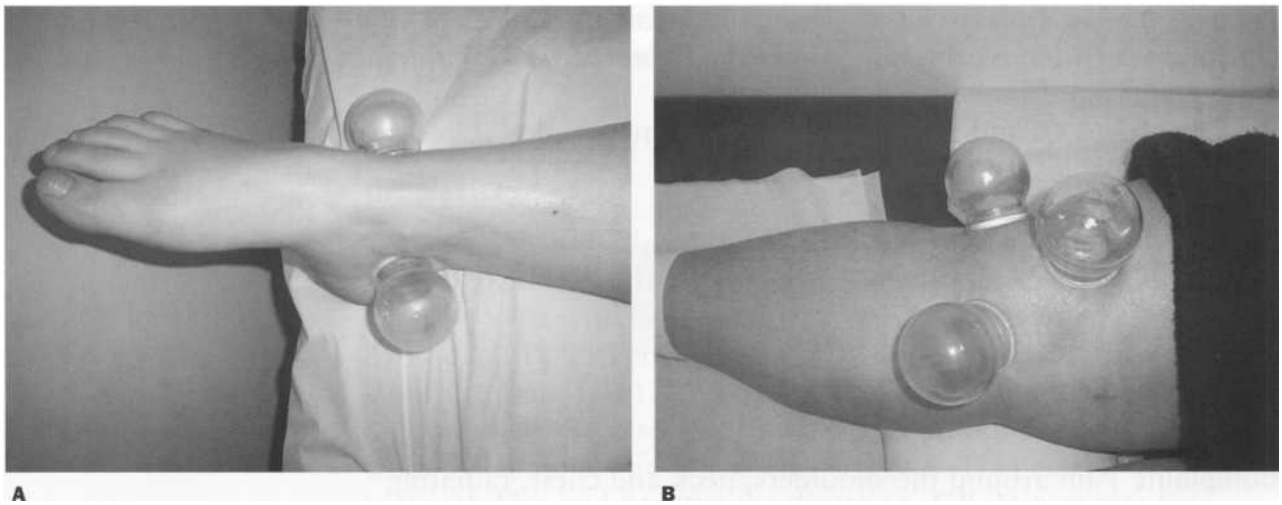

Fig.11.10 (A) Cupping of an ankle joint. Cupping is more successful when swelling accompanies the pain. **(B)** Cupping a knee joint is a very common treatment method for 'Bi' Syndrome of the knee.

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Moxibustion Use moxa liberally when treating muscular and joint painful 'Bi' Syndrome involving Cold, Damp or Wind-Cold conditions. Moxa moves the External pathogens and at the same time tonifies the Qi and Blood. Avoid using moxa on the febrile 'Bi' Syndrome, as this will cause extreme discomfort to the patient without any benefit whatsoever.

Explanation DU-3 benefits the lower back and tonifies the Yang. BL-54 and GB-30, the two cardinal points for treating the hip joint, tonify the Kidneys, resolve Damp-Heat, open the channel and stimulate the circulation of the leg-Qi. BL-37, local point when treating the leg, relaxes the tendons. GB-29, local point for the hip joint, releases obstruction in the hip. ST-34, ST-35, Xiyan Extra, all local points for treating the knee joint, expel the Wind and Damp, relieve swelling and stop pain. GB-34 resolves Damp-Efeat and relaxes the tendons. SP-9, cardinal point for resolving Dampness, reduces the swelling of the knee joint. BL-57 removes obstruction and relaxes the tendons. ST-41, SP-5 and BL-60, all local points for removing the obstruction, reduce swelling and stop pain in the ankle joint.

Herbal Remedies During the treatment of the above five 'Bi' Syndromes, a herbal muscle and joint soothing 'Bi' cream, Chirali Old Remedy® 1 was used extensively.[1]"' This particular cream contains Wintergreen *(Gaultheria procumbens),* Thyme

* *Chirali Old Remedy® ointments are the innovation of the author and are Trade Mark Registered in England as non-medicinal herbal skin preparations. They are: (a) Muscle and Joint Soothing 'Bi' Cream* Chirali Old Remedy®l, *(b) Dry skin cream* Chirali Old Remedy®2 *and (c) Damp-Heat cream* Chirali Old Remedy®3. *Information regarding the ointments can be obtained from the author at 163 Upton Road, Bexleyheath, Kent DA6 8LY, UK;* www.cuppingtherapy.co.uk.

(Thymus vulgaris), **Bay** *(Laurus nobilis)*, **Eucalyptus** *(.Eucalyptus globulus)*, **Evening primrose** *(Oenothera biennis)* and BP soft paraffin.

Action: Moves Qi and Blood, opens the channels and eliminates 'Bi'.

CASE STUDY 13: Muscular Pain ('Bi' Syndrome)

Male patient

Age 50

Complaint Pain around the shoulders, neck and chest, radiating to the arms, for over 5 years.

Present Medication Co-proxamol, up to 8 per day.

Pulse Weak and slippery.

Tongue Red body with a thick, yellowy-black coating.

Observation This patient had in fact checked into a hospital demanding a diagnosis, after his own doctor referred him to a psychiatrist, believing that the 'pain is all in your mind'. Following various neurological and blood tests and a 3-day hospital stay, he was discharged without any findings. He was quite agitated and the pain prevented him having a good night's sleep. He smoked a pack of cigarettes a day and enjoyed drinking beer. He is tall with a strong physical appearance and good body weight. On questioning he also complained of stomach acid regurgitation over a long period, and was now taking antacid tablets. He had irregular eating habits, with snack foods dominating his diet. A hot sensation in the upper back muscles and a large dark skin patch between the shoulder blades accompanied the pain.

Diagnosis Febrile 'Bi' Syndrome, with retention of Damp-Heat in the channels. The thick, yellowy-black tongue coating is a clear indication of Stomach-Heat. Muscular pain with a hot sensation is a sign of obstruction in the channels caused by Damp-Heat. The dark skin patch on the back indicates Blood stasis. The Heart-Qi is also strained by the Damp-Heat, resulting in restlessness and agitation.

Treatment Principle Clear the Heat, resolve Damp, remove the obstruction from the channels and stop the pain.

Application

Cupping Therapy Bleeding cupping on DU-14, followed by Moving cupping on both shoulders and the Bladder channel.

Acupuncture LI-4 Hegu, **LI-11** Quchi, **P-4** Ximen, **LI-15** Jianyu,

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CV-12 Zhongwan, GB-34 Yanglingquan, ST-44 Neiting, GB-21 Jianjing, DU-14 Dazhui and BL-40 Weizhong. All dispersing method.

Gua Sha From LI-15 towards LI-11, on the sternum and below the clavicle.

Explanation LI-4 clears the Fleat and opens the obstruction from the channels. LI-11 resolves Damp-Heat and relaxes the sinews. P-4 clears the Heart-Fire, calms the mind and stops the chest pain. LI-15 benefits the circulation of Qi to the arms and stops the pain. CV-12 clears the Stomach-Heat and benefits the digestion. GB-34 resolves the Damp-Heat, removes obstruction from the channel and relaxes the sinews. ST-44 clears the Stomach-Fire and benefits the digestion. GB-21 removes the obstruction from the channel and relaxes the sinews. DU-14 and BL-40 is an excellent combination to clear the Heat, cool the Blood and relax the entire muscle structure on the back of the body. Gua Sha to the arms, chest and the sternum clears the Heat and removes the obstruction in the channels. Bleeding cupping on DU-14 clears Blood-Heat. Moving cupping removes Blood stagnation, clears the Heat and stops the pain.

Herbal Prescription

1. **Chirali Old Remedy®l** (herbal muscle and joint soothing 'Bi' cream)
2. **Tincture of** *Calendula* (cools the Liver-Blood, soothes the skin), *Cimicifuga racemosa* (antispasmodic muscle relaxant), *Crataegus oxycantha* (drains Damp-Heat, cardiac and tonic), *Equisetum arvensis* (clears Damp-Heat), *Galium aparine* (clears Damp-Heat) and *Humulus lupulus* (calms the mind and helps with the sleep).

Prognosis The patient received 15 weekly treatments, sometimes twice in one week. His sleep was much improved and the pain in the chest, arms, shoulders and neck much reduced. He occasionally has setbacks but not as severe as previously. He continues with the treatment with long intermissions in between visits.

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Skin Complaints

Patients with skin conditions such as acne, rosacea, eczema and psoriasis are increasingly turning to alternative therapy for their complaints. Judging from this increase, especially in the use of Chinese Medicine, it is clear that the benefits derived from the systematic use of corticosteroid creams and antibiotics (the standard prescriptions used by orthodox medical practitioners) are short-lived and far from satisfactory. The energetic properties

of corticosteroids are considered as 'Cold' substances, and when applied to a Warm or Hot skin usually push the Heat into the inner layers of the body, thus bringing only a temporary respite and comfort to the sufferer. Because this 'cooling' effect is momentary, repeat application of the corticosteroid cream is necessary to maintain long-lasting relief. In most cases the patient is aware of the side effects caused by corticosteroids, and therefore becomes reluctant to use such agents. Suppression of the symptoms may also lead to stronger reaction of a different nature later on, such as an asthma attack.

Aetiology and Pathology

When treating skin complaints as diverse as the above, a number of differing aetiologies are inevitable. As far as TCM is concerned, such conditions share few mutual aetiological factors, such as deficiency of the Lung- and Kidney-Qi, invasion of Wind-Heat or Damp-Heat, and deficiency of Blood (Liver). The correlation between the Skin and the Lung-Qi is traditionally well documented: Lung-Qi controls the skin, and the Kidney-Qi, together with the Lung-Qi, helps nourish the skin. Blood (Liver) deficiency can give rise to internal Wind-Heat, which is characterized by the itching on the skin. Damp-Heat is the result of Stomach- and Spleen-Qi deficiency, resulting in the accumulation of Phlegm, and is characterized by wet, oozing fluid and itchy skin.

Treatment

Traditionally, where there is an Excess pathological condition draining, and where Deficiency syndrome is the predominant factor, tonifying methods are employed. In many cases of chronic skin complaints it is possible to see a Deficiency syndrome and an Excess condition coexisting.

Treatment Principle Nourish the Blood in order to clear the internal Wind-Heat. Tonify the Stomach/Spleen to resolve Damp-Heat. Clear Heat-Poison, subdue the Wind and stop the itching.

Application

Cupping Therapy Strong or Bleeding cupping on DU-14 Dazhui, with Moving cupping to the Bladder channel on both sides of the spine, until red cupping marks appears on the skin surface. When applying Moving cupping, avoid skin lesions and open wounds (see Plate 19 in the colour plate section).

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Cupping Duration

Children

- Under 5: No cupping
- 5-7: up to 5 minutes, Empty cupping only
- 7-14: up to 10 minutes, Light to Medium cupping.

Adults

- Young adults: Bleeding or Moving cupping, up to 15 minutes
- The weak and frail: Light to Medium cupping, up to 10 minutes.

Acupuncture LI-4 Hegu, P-4 Ximen, LI-11 Quchi, SP-10 Xuehai, DU-14 Dazhui, DU-10 Lingtai, BL-40 Weizhong, LU-5 Chize, LU-9 Taiyuan, K-3 Taixi, SP-6 Sanyinjiao, SP-9 Yinlingquan, Sifeng Extra, Liv-2 Xingjian, CV-12 Zhongwan, BL-20 Pishu and ST-36 Zusanli. Apply acupuncture locally, encircling the spots in cases of acne. Use Plum-Blossom needling technique on the hot lesions, starting from the outside ring and working towards the centre. Select up to 12 points on each session, according to the pattern differentiation.

Explanation LI-4, P-4 and LI-11 release the Exterior, clear the Heat, cool Blood and stop the itching. SP-10, DU-14, DU-10 and BL-40 clear the Blood-Heat, detoxify the system, resolve Damp and benefit the skin. LU-5 cools the Lungs and moistens the skin. LU-9 and K-3 tonify the Lung- and Kidney-Qi and benefit the skin. SP-6 and SP-9 tonify the Spleen and resolve Damp. Sifeng Extra (in children only) clears Food-obstruction from the digestive system and expels Damp-Heat from the skin. Liv-2 clears the Liver (Blood) Heat and cools the Blood. CV-12, BL-20 and ST-36 all tonify the Spleen and resolve the Dampness. Plum-Blossom needling on the lesions invigorates the Qi and Blood, consequently eliminating the Wind-Heat locally. Bleeding cupping on DU-14 has a remarkable cooling effect on the Interior Heat, especially when combined with Moving cupping to the Bladder channel. Moving cupping also invigorates the Blood, opens the channels and removes the stagnation of Qi and Blood, benefiting the skin.

Herbal Remedies

- For Wind-Heat, dry skin conditions, herbal ointment **Chirali Old Remedy®2** is prescribed. This contains **Avocado, Sesame, Almond, Olive** and **Rose oils,** and BP soft paraffin, as well as **vitamin A** and **vitamin E.** Its action is to nourish the skin and eliminate dryness caused by Internal/External Wind or Heat.
- For Damp-Heat, wet skin conditions, **Chirali Old Remedy®3** is used. This contains *Juniperus oxycedrus* extract and BP soft paraffin. Its action is to clear Damp-Heat and nourish the skin.

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Lian Qiao *(Fructus forsytbiae)* 10 g
Huang Lian *(Rhizoma coptidis*) 5 g
Huang Qin (*Radix **Scutellariae)*** 5 g
Huang Bai (*Cortex pbellodendri) 5* g
Da Qing Ye *(Folium daqingye)* 10 g
Pu Gong Ying *(Herba taraxaci mongolici)* 10 g
Zi Hua Di Ding *(Herba cum radice violae yedoensitis)* 10 g
Sheng Di Huang *(Radix rehmanniae glutinosae)* 15 g
Dang Gui *(Radix angelicae sinensis)* 15 g
Huang Qi *(Radix astragali membranacei)* 10 g
Gan Cao *(Radix glycyrrhizae uralensis) 5* g

Prepare the decoction and take three to four cups a day with meals.

Explanation of the Formula Lian Qiao, Huang Lian, Huang Qin and Huang Bai all clear Fire-Poison and cool the Blood. Da Qing Ye, Pu Gong Ying, Zi Hua Di Ding and Sheng Di Huang cool the Blood, nourish the skin and relieve toxicity. Dang Gui, Huang Qi and Gan Cao all help clear pus from the body, as well as benefiting Qi, Blood and skin.

Wind-Heat clearing formula (Xiao Feng San - Classic TCM formula)

Jing Jie *(Herba seu flos schizonepetae tenuifoliae)* 3 g
Fang Feng *(Radix ledebouriellae sesloidis)* 3 g
Chan Tui *(Periostracum cicadae)* 3 g
Niu Bang Zi *(Fructus arctii lappae)* 3 g
Ku Shen *(Radix sophorae flavescentis)* 3 g
Cang Zhu *(Rhizoma atractylodis lanceae)* 3 g
Sheng Di Huang *(Radix rehmanniae glutinosae) 5* g
Shi Gao *(Gypsum fbrosum)* 10 g
Zhi Mu *(Radix anemarrhenae asphodeloidis)* 3 g
Dang Gui *(Radix angelicae sinensis)* 3 g
Hei Zhi Ma *(Semen sesami indici)* 3 g
Gan Cao *(Radix glycyrrhizae uralensis)* 3 g

Action: Clears Wind-Heat from the skin and stops itching, resolves Damp-Heat, nourishes the Blood and moistens the skin.

When treating acne or rosacea, add the combination of Pi Pa Ye *(Folium eriobotryae japonicae)* and Sang Bai Pi *(Cortex mori albae radicis)* to the formula; this helps clear the Damp-Heat from the skin.

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Precaution

Avoid direct cupping on the lesions, especially wet and oozing type skin conditions. Cups can be applied around the lesion with good effect.

CASE STUDY 14: Skin Complaint - Eczema

Male patient
Age 17

Complaint Dry and very itchy skin, mainly on the arms, neck and face, since the age of 10.

Present Medication Used corticosteroid creams in the past, but now uses only an aqueous moisturizing cream.

Pulse Rapid and strong at all levels.

Tongue Red body with a thin yellow coating.

Observation He is a student and is preparing for his university entrance exams. He has also been involved in vigorous sporting activities from a very young age. He is the only son of the family, and is expected to do well. Restless in nature, he would rather do something physical than work in an office. On his first visit his face and the eyes were quite red and itchy; according to his mother 'he had had a few difficult days at school'.

Diagnosis Wind-Heat, resulting from Lung- and Kidney-Qi deficiency, and Liver-Qi stagnation. Prolonged and excessive exercise had injured the Lung- and the Kidney-Qi resulting in Liver-Yin deficiency. This causes Liver-Wind, manifesting as itching on the skin. Frustration causes Liver-Qi stagnation, which further exacerbates the Liver-Blood and results in increased Heat.

Treatment Principle Clear the Wind-Heat, soothe the Liver-Qi stagnation, tonify the Lungs and the Kidneys, nourish the skin and stop the itching.

Application

Cupping Therapy Moving cupping on the Bladder channel on each visit.

Acupuncture LI-4 Hegu, P-4 Ximen, LU-5 Chize, LI-11 Quchi, SP-10 Xuehai, K-3 Taixi, Liv-3 Taichong, DU-14 Dazhui, BL-13 Feishu, BL-23 Shenshu and BL-40 Weizhong.

Explanation LI-4 and Liv-3 combination clears Wind-Heat and soothes the Liver-Qi stagnation. P-4 clears Heat from the Blood and calms the mind. LU-5 tonifies, nourishes the Lungs and moisturizes the skin. LI-11 clears Wind-Heat and cools the Blood. SP-10 moves and nourishes the Blood. K-3 and BL-23 tonify and nourish the Kidneys. DU-14 and BL-40 cool the

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Blood, clear Wind-Heat and stop the itching. Moving cupping to the Bladder channel cools the Blood, removes the stagnation and nourishes the skin.

Herbal Prescription Classic herbal prescription of Xiao Feng San, with the addition of Sang Bai Pi *(Cortex mori albae radicis)* and Pi Pa Ye *(Folium eriobotryae japonicae)*. The herbal dry skin preparation Chirali Old Remedy®2 was also prescribed for nourishing the skin.

Prognosis After 3 months of treatment, the eczema and itching were greatly reduced. However, the skin will readily flare up on the smallest of emotional upsets. The patient still regards the 'advice' coming from his family as an unacceptable pressure. Consequently, the Liver-Yang rises, causing further Liver-Qi stagnation. The clear indication of this is that when he is happy and feels no pressure his skin condition improves, and gets worse

Stroke (Wind Stroke - Facial Paralysis)

This condition was definitely the most common disorder treated in the acupuncture departments in various Nanjing Hospitals during my studies there - so much so that quite a few of my colleagues complained of not being able to treat conditions other than facial paralysis. Electromagnetic stimulation of the acupuncture points was a popular treatment.

Young and old are equally affected by this condition. The clinical manifestations of central and peripheral facial paralysis, as defined by Western medicine, are much the same, except that in the former the movement of the eyebrow is not impaired, whereas in the latter the movement of the eyebrow is affected, as well as other symptoms. The most common presentations are drooping of one corner of the mouth, salivation, inability to frown, inability to whistle or to close the eye fully, slurred speech, numbness of the affected side, sometimes pain in the jaw, and the lips deviating to one side.

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Aetiology and Pathology

Paralysis is the invasion of facial channels by Internal-Wind or by External Wind-Cold.

Treatment

Treatment Principle Treatment for both conditions is very similar: remove the Wind, clear the obstruction from the channels and invigorate Qi and Blood locally.

Application

Cupping Therapy I believe cupping is the most effective therapy when treating facial paralysis. I often use it as the main treatment modality, supported by acupuncture and moxibustion. Apply up to five small (number 2-3) cups to the affected side, daily or twice a week for better and faster results. Advise the patient to blow into a balloon for exercise, to rest and to keep away from draughts.

Reported Additional Cupping Points in the Treatment of Wind Stroke Facial paralysis[1] was treated by acupuncture to local points, followed by cupping over DU-14 Dazhui. Deviation of the mouth and eyes was treated by cupping over Taiyang Extra and ST-4 Dicang. A further 800 cases were treated by 'point to point acupuncture' and cupping to the affected side. Bell's palsy,[5] with all the classic symptoms, was successfully treated by applying Empty (Flash) cupping, four sessions to the affected side of the face.

Cupping Duration

Children

- Under 14: up to 10 minutes, Empty or Light cupping.

Adults

- Young adults: Light to Medium cupping, up to 20 minutes
- The weak and frail: Empty to Medium cupping, up to 10 minutes.

Acupuncture TW-17 Yifeng, ST-4 Dicang, ST-6 Jiache, GB-14 Yangbai, Taiyang Extra, LI-4 Hegu, Liv-3 Taichong, BL-2 Zanzhu, TW-23 Sizhukong, GB-1 Tongziliao, Yuyao Extra, ST-2 Sibai, ST-3 Nose Juliao, LI-20 Yingxiang, GB-20 Fengchi and DU-26 Renzhong. Select up to six local points and three appropriate distal points in one session. Employ an even method to all the local points and a dispersing method to the distal points.

Moxibustion Moxa treatment to the affected side is extremely beneficial in removing the Wind-Cold and Damp from the channels.

Explanation With the exception of the two distal points LI-4 Hegu and Liv-3 Taichong, the two empirical points for eliminating the Wind from the face, all the other points are local points to stop pain, improve the strength of the facial muscles and normalize the flow of Qi and Blood.

Herbal Remedies

1. Tian Ma Qu Feng Bu Pian Classic patent remedy
   Tian Ma *(Rhizoma gastrodiae elatae)*
   Dang Gui *(Radix angelicae sinensis)*

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Sheng Di Huang *(Radix rehmanniae glutinosae)*

Huai Niu Xi *(Radix achyranthis bidentatae)*

Du Chong *(Cortex eucommiae ulmoidis)*

Qiang Huo *(Radix et rhizoma notopterygii)*

Bai Fu Zi *(Rhizoma typhonii gigantei)*

Action: Expels the Internal Wind and tonifies the Liver and Kidneys.

2. Qian Zhen San[1] Classic patent remedy

Bai Fu Zi *(Rhizoma typhonii gigantei)*

Jiang Can *(Bombyx batryticatus)*

Quan Xie *(Buthus martensi)*

Action: Treats facial paralysis by dispelling Wind, [illegible]hlegm and stopping spasms.

Precaution

When cupping on facial points extra care is needed in order to avoid cupping marks and blistering. The facial skin is considerably thinner than in other parts of the body, especially in the elderly. It is therefore relatively easy to cause the fine capillaries to burst under the skin, even with Light or Medium cupping. During moxibustion the practitioner should place his hand over the treatment area so that he can feel the heat derived from the moxa: do not rely solely on the response from the patient, as his or her sense of feeling may be impaired by the paralysis.

CASE STUDY 15(A): Facial Paralysis

Male patient
Age 52

Complaint Facial paralysis for 3 months. He woke up one morning with his mouth deviated to the left, feeling numb in the right cheek, and his right eye remained open with constant lacrimation. No pain was experienced at any time.

Present Medication He was given a steroid injection to the local area at the time of onset.

Pulse Floating and weak.

Tongue Red body with a thin white coating.

Observation The patient works for the Water Board, and part of his job is to inspect reservoirs in the countryside. He is of strong build and otherwise healthy. About 10 days prior to the paralysis, despite having a good night's sleep, he felt tired and sleepy during the day.

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Diagnosis Wind-Cold invading the facial channels, resulting in the stagnation of Qi and Blood. Most probably caused by a draught when he left his warm, heated car and was exposed to the cold wind during the course of his work.

Treatment Principle Expel the Wind-Cold, restore the circulation of Qi and Blood, and nourish the local muscles and tendons.

Application

Cupping Therapy Using small (number 1-2) cups, up to four cups were applied at Medium strength to the affected side on each visit (Fig. 11.11; see also Plate 20 in the colour plate section).

Acupuncture On the affected side, ST-1 Chengqi, ST-2 Sibai, ST-4 Dicang, ST-6 Jiache, ST-7 Xiaguan, TW-17 Yifeng, LI-20 Yingxiang, Yuyao Extra, GB-1 Tongziliao, GB-20 Fengchi, CV-24 Chengjiang, DU-26 Renzhong, and bilaterally LI-4 Hegu and Liv-3 Taichong.

Explanation Up to six points were selected at each visit. The combination of the distal points LI-4 and Liv-3 expels the Exterior-Wind and regulates the channels. GB-20 expels the Wind and relaxes the sinews of the head and face. ST-1, ST-2, ST-4, ST-6, ST-7, TW-17, LI-20, Yuyao Extra, CV-24 and DU-26 are all local points for dispersing the Wind and nourishing and strengthening the Qi and Blood of the facial channels. Cupping to the affected side has the same effect as above.

Prognosis He received a total of 15 weekly treatments, after which his condition was completely restored to normal.

CASE STUDY 15(B): Lower Limb Paralysis due to Stroke

Male patient
Age 84

Complaint Right leg paralysis due to stroke accompanied by oedema of the right foot.

Present Medication Aspirin 75 mg, perindropril 4 mg, citalopram 20 mg, dipyridamole 200 mg and simvastatin 40 mg.

Pulse Weak-floating (soft).

Tongue Pale and dry with a thin body.

Observation This patient has been visiting me for many years, firstly complaining from ‘tense neck and shoulders’ and later on continuing to come once a month as a ‘maintenance course’. He paints as a hobby and enjoys reading. He takes his painting quite seriously and, together with his wife and daughter, displays

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Fig. 11.11 Facial paralysis. Up to six cups can be employed on the affected side.

at various art exhibitions at least once a year. Long hours of standing or sitting and leaning over while painting aggravates the neck and shoulder pains. He responds to acupuncture well but dislikes cupping therapy as he finds it 'quite painful'. Before he suffered a stroke he often complained of dizzy spells and felt 'unsteady' when walking.

On the day of the stroke he collapsed to the ground, knocking his head on a hard object, and lost consciousness for 2 days. Following his stroke he was kept in hospital for 6 weeks and was discharged from the hospital unable to stand or walk. A physiotherapist visited three times a week for the first 2 weeks and once a week for a further 3 weeks. At the end of 5 weeks he was told that he would not walk again and the home visits stopped. Five months after the stroke I visited the patient once a week and administered cupping therapy alongside acupuncture treatment.

Both hands had good grip and movement, although he sometimes complained of 'pins and needles' in both hands. The right leg did not respond to any stimulation, and he complained of pain in the right inner-thigh muscle and the knee; he also felt cold in the same leg and considerable muscle wasting was observed throughout this leg. He had a good appetite but slept poorly due to the pain in his right knee.

Diagnosis Wind Stroke affecting the channels to the lower body (Gall Bladder, Bladder, Liver, Stomach, Spleen and Kidney channels).

Treatment Principle Restore and regulate the normal flow of Qi and Blood to the affected meridians.

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Cupping Therapy Light to Medium cupping is regularly administered to the following points: GB-21 Jinanjing, BL-23 Shenshu, BL-26 Guanyuanshu, GB-30 Huantiao, GB-31 Fengshi, GB-34 Yanglingquan, ST-31 Biguan, ST-32 Futu and SP-10 Xuehai. Six cupping locations are chosen for each session lasting between 15 and 20 minutes (see Plate 21 in the colour plate section).

Acupuncture Scalp acupuncture to the motor region as well as body acupuncture is administered to the following points: GB-21 Jianjing, BL-23 Shenshu, BL-26 Guanyuanshu, right-GB-30 Huantiao, right-GB-31 Fengshi, right-GB-34 Yanglingquan, right-BL-62 Shenmai, right-ST-31 Biguan, right-ST-32 Futu, right-ST-36 Zusanli, right-SP-6 Sanyinjiao, right-SP-9 Yinlingquan, right-SP-10 Xuehai and both right and left TW-5 Waiguan.

Explanation Most of the acupuncture points above are chosen in order to influence the Qi and Blood to the affected meridians. Even, tonifying and dispersing methods are all employed, depending on the patient's energetic condition on that day. Cupping is mostly administered to influence the Blood circulation as well as to improve the muscular structure of the right leg.

Prognosis After almost 18 months of regular weekly treatments (he is still receiving treatment at the time of writing) the patient can now voluntarily flex and extend his right leg at his own will. The flexing action, however, is much stronger than the extending action. With the help of a gutter-frame and under the watchful eye of his extremely compassionate wife, he is at present experimenting standing and putting weight on both legs.

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Tiredness

The single most common condition following any complaint in a patient is tiredness. From school-aged children to pensioners, this malady usually accompanies the main complaint. It is true to say that in today's lifestyle we do not allow enough time for rest and recuperation. Children as young as 7 are often rushed to various after-school activities, such as music classes, dancing, foreign languages or sport. I am sure that the parents are equally tired as a result of all this activity. When this routine is repeated between three and five times a week, tiredness becomes 'normal'. Only when the patient becomes ill and a visit to a practitioner is inevitable, do people complain of tiredness. In other words, people seldom seek help when tiredness alone is the symptom. I frequently warn my patients that feeling tired is often the first bodily signal that all is not well in the energy department. Most

of the time people continue with work as normal, drawing on and depleting their energy reserves.

Aetiology and Pathology

Tiredness is a sign of deficiency, and in very general terms it can be grouped into two categories: *Deficiency of Qi* and *Deficiency of Blood.* This should not be seen as a clear-cut attempt to differentiate between the two: this is not possible - one always overlaps the other. Excessive pathogenic factors such as Phlegm or Damp-Heat also cause considerable tiredness.

Clinical Manifestations

Deficiency of Qi Pale, white complexion, tiredness, breathlessness, poor appetite, muscular weakness, depression, feeling cold at the extremities and lack of sex drive. This type is more pronounced in men, contributed to by heavy lifting, long standing, overwork or excessive sexual activity.

Deficiency of Biood Extreme tiredness, palpitations especially when tired, poor memory, lack of concentration, insomnia, dizziness, depression, pale lips and complexion, and dry skin. This type is more pronounced in women, due to monthly menstrual blood loss, miscarriage or childbirth.

Excessive Pathogenic Factors, Phlegm or Damp-Heat Tiredness accompanied by a heavy feeling of the body, sleepiness, obesity, vaginal discharge and poor concentration.

Treatment Principle Tonify Qi and Blood, resolve Phlegm and clear Damp-Heat.

Application

Cupping Therapy Because this is primarily a deficiency syndrome, a Light to Medium or an Empty cupping method is employed on both sides of the Bladder channel on the back of the body. When the tiredness is described as ‘total exhaustion’ by the patient, apply Empty cupping first, followed by moxibustion (see Plate 22 in the colour plate section).

Cupping Duration

Children

- Under 7: up to 5 minutes, Empty cupping
- 7-14: up to 10 minutes, Empty cupping.

Adults

- Young adults: Light, Medium or Empty cupping, up to 10 minutes
- The weak and frail: Empty cupping only, up to 5 minutes.

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Acupuncture The principal points for tonifying the Qi and Blood are CV-4 Guanyuan, CV-6 Qihai, SP-10 Xuehai, SP-6 Sanyinjiao, ST-36 Zusanli, LU-9 Taiyuan, K-3 Taixi, BL-13 Feishu, BL-17 Ganshu, BL-20 Pishu and BL-23 Shenshu.
The main points for resolving Damp-Heat are SP-6 Sanyinjiao, SP-9 Yinlingquan, CV-12 Zhongwan, Liv-13 Zhangmen, LI-11 Quchi, Liv-8 Quguan, DU-14 Dazhui and DU-10 Lingtai.

Moxibustion Except when Damp-Heat is present moxibustion is applicable to all the above points.

Explanation ***When tonifying-.*** CV-4 and CV-6 tonify the original Qi and nourish the Blood. SP-10 moves as well as tonifies the Blood. LU-9 and BL-13 tonify the Lung-Qi. SP-6, ST-36 and BL-20 all tonify the Spleen and benefit the Blood. K-3 and BL-23 tonify the Kidney-Qi. BL-17 is the gathering point for Blood, nourishing the Blood. ***When draining the Damp-Heat****:* SP-6 and SP-9 resolve Dampness. CV-12 and Liv-13 strengthen the Spleen and resolve Dampness. LI-11 and Liv-8 eliminate Damp-Heat. DU-10 and DU-14 clear Damp-Heat and cool the Blood. Light, Medium and especially Empty cupping all stimulate the Qi and invigorate Blood.

Herbal Remedies for Tonification Elerbs to tonify the Qi and Blood are selected:

- Ren Shen (***Radix ginseng***), the main herb for tonifying the Qi, is especially used following blood loss
- Dang Shen (***Radix codonopsitis pilosulae***) tonifies the Middle and the Lungs, and nourishes the Fluids
- Huang Qi ***(Radix astragali membranacei)*** tonifies the Wei-Qi and Stomach/Spleen-Qi
- Shan Yao (***Radix dioscoreae oppositae)*** tonifies the Spleen/ Stomach-Qi, and both the Yin and the Yang of the Lung and Kidneys
- Da Zao ***(Fructus zizyphi jujuhae)*** tonifies the Spleen and nourishes the Blood
- Gan Cao ***(Radix glycyrrhizae uralensis)*** tonifies the Spleen, benefits the Qi, moistens the Lungs and clears Heat
- Dang Gui ***(Radix angelicae sinensis)*** is a major herb for Blood tonification
- Shu Di Huang ***(Radix rehmanniae glutinosae)*** tonifies the Blood and nourishes the Yin
- He Shou Wu ***(Radix polygoni multiflori)*** tonifies the Liver and Kidneys and nourishes the Blood
- Gou Qi Zi ***(Fructus lycii)*** tonifies the Liver and Kidneys and benefits the Yin
- Sang Shen ***(Fructus mori albae)*** tonifies the Blood and benefits the Yin.

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Gui Pi Tang Restore the Spleen decoction
Action: Tonifies the Qi and Blood, strengthens the Stomach/Spleen and benefits the Heart.

Zi Gan Cao Tang Honey-fried liquorice decoction
Action: Nourishes the Blood and benefits the Qi.

Ba Zhen Tang Eight-Treasure decoction
Action: Tonifies Qi and Blood.

Classic Formulas that Drain the Damp-Heat

Long Dan Xie Gan Tang *(Gentiana longdancao)* decoction to drain the Liver

Action: Expels Damp-Heat, extinguishes Lire from the Lower Jiao.

Er Miao San Two-Marvel Powder
Action: Clears Damp-Heat.

Yin Chen Hao Tang (*Artemisia yinchenbao)* decoction
Action: Clears Damp-Heat from the Liver.

All the above classic prescriptions are available in tablet form from the herbalist.

Precaution

It is very easy to be complacent and ignore the simple rule: 'Don't drain when Empty, and don't tonify when Full'. Care is necessary when treating the Excess, Damp-Heat type of condition. The patient may have a deceptively strong physical appearance: pulse and tongue diagnosis should confirm otherwise: usually a full and slippery pulse at the superficial level, and very faint at the deeper level, is noticed. A swollen tongue with a thick, yellowish coating is the classic appearance of Damp-Heat presence in the body.

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CASE STUDY 16: Tiredness

Male patient
Age 14

Complaint Constantly feeling tired, lack of concentration and depression.

Present Medication None, only multivitamin tablets.

Pulse Noticeably faint, at all levels.

Tongue Thin and pale.

Observation He is the youngest child, after three girls in the family. Both his parents were in their 40s when he was born. He is pale and the handshake is very limp. His eyes are everywhere in the room, except on me during our conversations. He is tall and with good body weight. Very restless, intelligent, and demands attention, especially from the people around him. He is often weepy and depressed. He finds concentrating very difficult and taxing, and gets into considerable mischief at school; consequently, he is often reprimanded.

Diagnosis Inherited Qi Deficiency. It is very common that the offspring of a middle-aged couple lacks the necessary Strong Kidney-Qi during conception. Lack of energy results in stagnation, and stagnation impairs the movement of Qi and Blood. Concentration is difficult because the deficient Qi and Blood are failing to nourish the brain. Excessive masturbation in young boys depletes the Kidney-Qi further, although he would not admit to it. Tiredness is the result of the Kidney-Qi (especially Kidney-Yang) deficiency.

Treatment Principle Tonify Qi and Blood, and eliminate the stagnation of Qi.

Application

Cupping Therapy Empty cupping for 5 minutes on and alongside the Bladder channel was performed on each visit (see Lig.7.5).

Acupuncture LI-4 Hegu, Liv-3 Taichong, LU-7 Leique, CV-12 Zhongwan, CV-4 Guanyuan, SP-10 Xuehai, SP-6 Sanyinjiao, DU-20 Baihui, DU-24 Shenting and BL-23 Shenshu.

Moxibustion Moxa application with a moxa box on, below and above the umbilicus, and DU-4 Mingmen.

Explanation LI-4 and Liv-3 combination removes the Qi stagnation and regulates the channels. LU-7 tonifies the Lung-Qi and benefits the Spirit. CV-12 tonifies the Middle, benefiting the Qi and Blood. CV-4 and BL-23 tonify the Kidney Essence. SP-10 moves and stimulates the Blood. SP-6 tonifies the Liver, Kidneys and Spleen-Yin. DU-20 and DU-24 combination opens the mind, lifts the Spirit and improves the concentration. Moxibustion from CV-3 to CV-12 and DU-4 tonifies the Qi and Blood. Empty cupping stimulates the Qi and Blood.

Prognosis During the treatment, especially after the sixth visit, his energy level and depression improved and he was able to take part in school activities. His concentration, however, still remained poor. He was reluctant to continue with the treatment, as the only reason for coming so far was to please his parents! My opinion is that he required up to 1 year of weekly treatment, along with some counselling.

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Veins (varicose/broken)

Varicose veins are veins, which are twisted and dilated, most commonly being seen in the legs. Gravity causes the blood to accumulate in the leg veins, where valves allow the blood to flow in one direction only, i.e. towards the heart. An increase in intra-abdominal pressure caused, for example, by pregnancy, an abdominal tumour, chronic constipation, lifting or continued coughing, increases the pressure in the leg veins. This causes the capillary blood vessels to protrude and flow into the veins, and web-like, broken, fine clusters of capillaries develop in the skin. Cupping is employed to remove the stagnant blood from these fine capillaries. *Under no circumstances should cupping be applied directly on the main varicose veins.* This form of cupping is classified as a *cosmetic cupping therapy,* as its purpose in the majority of cases is always the same, i.e. cosmetic.

Treatment

Treatment Principle Drain the Excess and eliminate the Blood stagnation.

Application

Acupuncture and Cupping Therapy These are performed simultaneously. When treating single capillaries, puncture the capillary from both ends, using a fine-gauge needle, and immediately apply a Strong cupping method over it. In a few seconds blood should exude into the cup. If this fails, either the bleeding or the strength of the suction was insufficient. Repeat the procedure until blood is extracted from the capillary. When treating a cluster of broken veins use a Plum-Blossom needle and tap gently over the veins until the area is bled. Select a single cup, large enough to accommodate the entire cluster, and apply over the desired position, employing a Strong technique. Blood is extracted more quickly from large clusters. There is no need to be alarmed, as the blood will coagulate and stop of its own accord, usually within a minute. Avoid Strong cupping when treating facial capillaries: Medium strength or a fast, Empty method is preferred (Fig. 11.12).

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Cupping Duration

Adults only

- First visit: up to 5 minutes
- Follow-up visits: up to 15 minutes.

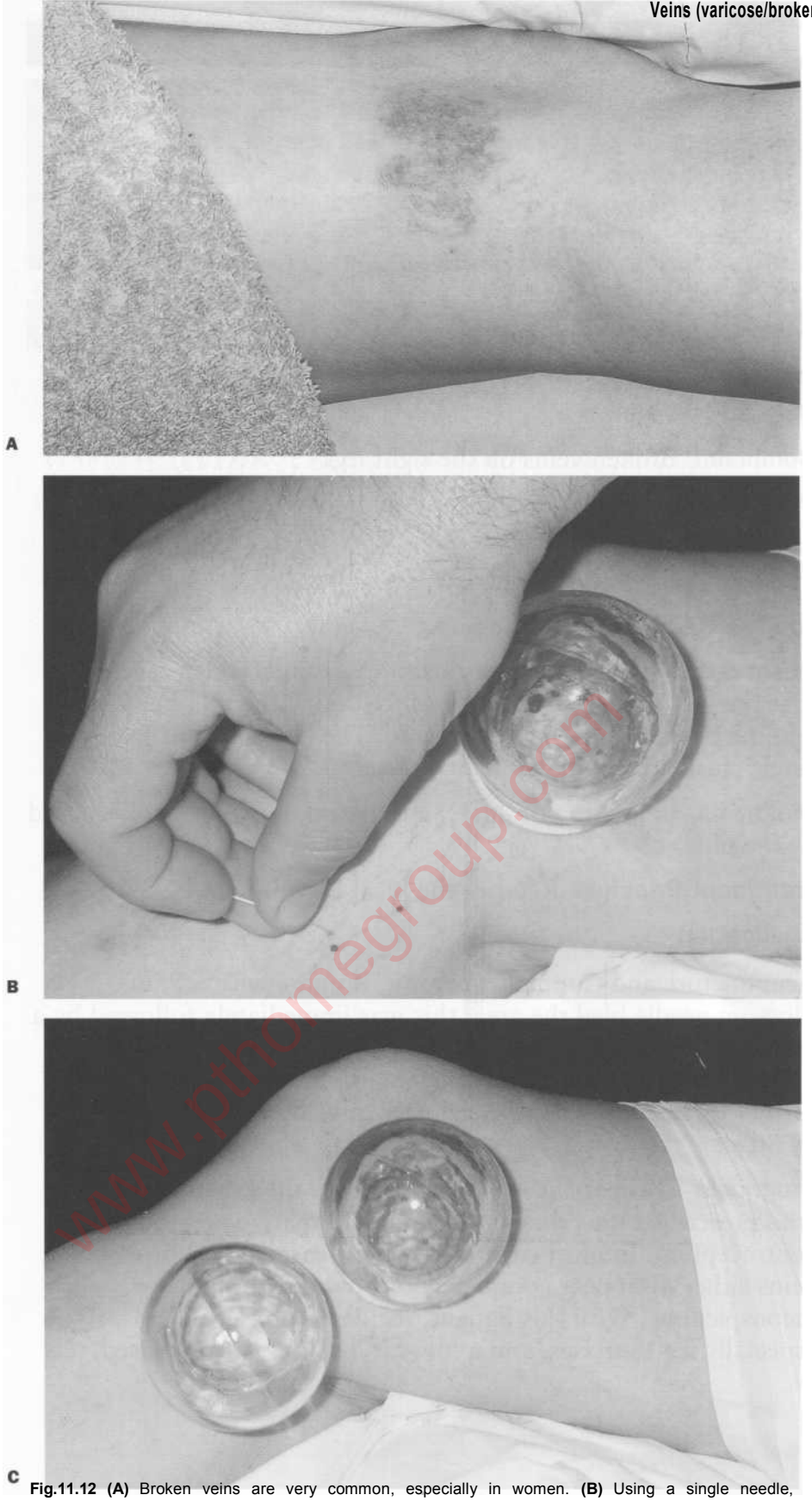

Fig.11.12 (A) Broken veins are very common, especially in women. **(B)** Using a single needle, bleed both ends of the vein. (C) Cupping over the broken vein evacuates stagnant blood.

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Precaution

As dark red cupping marks following the treatment are inevitable, warn the patient in advance. This is less of a problem when the cupping marks can be covered by clothing, as it can take up to 10 days for the marks to subside. Extra care is also required when removing the cup (see Chapter 7, Full (Bleeding/wet) cupping).

CASE STUDY 17: Broken Veins

Female patient
Age 25

Complaint Broken veins on the right leg.

Present Medication Taking the contraceptive pill for over 15 months.

Pulse Slippery and strong.

Tongue Red tip, and curling up.

Observation The patient was a shop assistant, which meant that she was on her feet all day. Since taking the pill, her weight and the broken veins have increased. The broken veins were in a single cluster, 2 cm in diameter.

Diagnosis Stagnation of the Qi and Blood, most probably caused by the pill.

Treatment Principle Remove the local Blood stagnation.

Application

Acupuncture and Cupping Therapy Tapping with a Plum-Blossom needle bled the area; this was immediately followed by a Strong cupping with a large, number 4 cup. Around 30 ml of blood was exuded during the first application. With a further three applications the cluster of veins was reduced by 80%.

Prognosis This patient was advised to see the practitioner who prescribed the pill, or to seek an alternative method of contraception. In most cases following treatment the broken veins either disappear completely or gradually become inconspicuous. With this patient, regular exercise, especially leg exercises, and a low-fat diet were also advised.

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Notes on Miscellaneous Disorders

This section describes the short treatment protocol administered when treating the following children's and adults' conditions.
It may not necessarily present the 'whole picture' such as the full Traditional Chinese Medicine (TCM) differentiations of the disease. It is, however, imperative that each practitioner uses their particular skills to address the underlying pathological conditions before and during treatment.

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Poor Appetite

Short-term loss of appetite in children should present no health problem. However, sometimes parents - particularly those from the Far Eastern, Middle Eastern and the Mediterranean countries - react dramatically to the problem far too early, acting as if the child has an ongoing appetite problem. In fact in most cases there is no cause for alarm. Children, like adults, lose their normal appetite from time to time and take less interest in food.
A sudden loss of appetite in the very young (0-2 years old) should be taken more seriously, however, especially when accompanied by a simultaneous lack of bowel movement.

Cupping Therapy

Under 4 years old Massage the chest and the entire abdominal region of the child using a *clockwise* movement. Using the entire Bladder channel on the back of the body, apply massage oil and massage gently with a minimum of pressure on the Bladder channel, using the index and the middle fingers for 2-3 minutes (Fig.12.1).
Over 4 years and under 7 years old Apply olive oil to the back of the body and administer Light-moving cupping on the Bladder channel for 2 minutes, preferably using rubber cupping apparatus (Fig. 12.2).

A

B

C

Fig.12.1 (A-C) Treating poor appetite (under 4 years old).

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Fig.12.2 Rubber cupping appratus.

Diarrhoea

Under 4 years old Using olive oil, massage the entire abdomen using an *anticlockwise* movement for about 5 minutes. This exercise can be repeated several times a day.

Over 4 years old Oil the abdomen with olive oil and apply Light-moving cupping (anticlockwise) using rubber cups, for 1 minute. This can be repeated twice a day (Fig.12.3).

Restlessness and Hyperactivity

Under 4 years old Massage the chest and the abdominal region of the child with olive oil. Turn the child over and oil the entire back, again using olive oil. Concentrating on the Bladder channel, massage the back applying gentle pressure on this channel. This action 'opens and regulates' the Bladder channel, resulting in relaxation and removal of Heat pathogen from the body. This action can be repeated up to three or four times a day. Over 4 and under 7 years old Apply Light-moving cupping (preferably using rubber cups) for not more than 1 minute to the back of the body on the Bladder channel (bilaterally) (Fig.12.4).

Fig.12.3 (A,B) Treating diarrhoea.

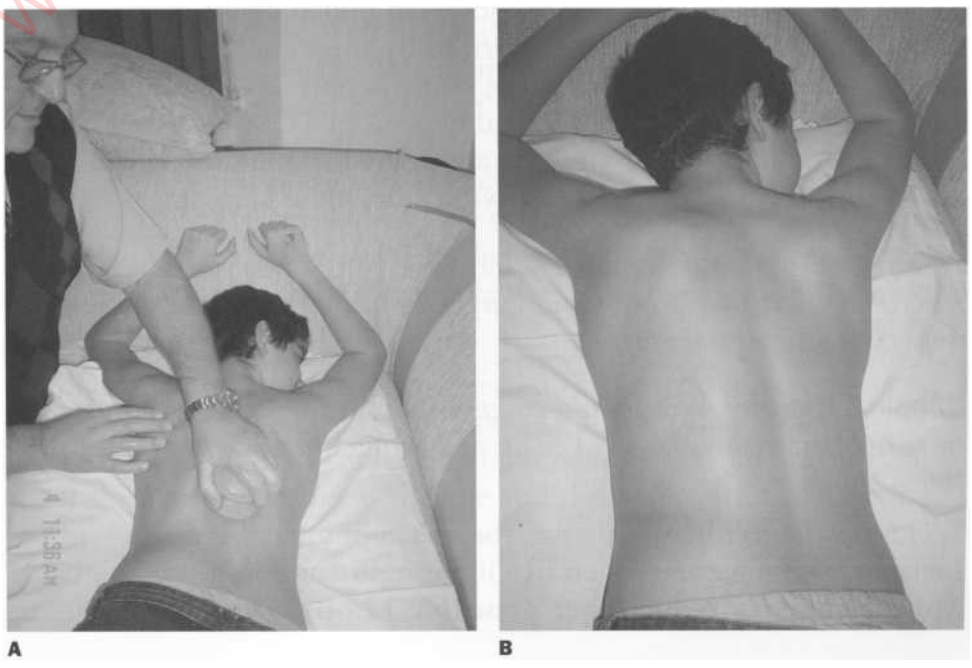

Fig.12.4 (A,B) Restlessness.

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A B

Fig.12.5 (A,B) Mumps.

Mumps

Mumps - also known as *infectious parotitis* - is mostly seen in children with fever and swelling in the salivary glands. This highly infectious viral illness characteristically begins with painful swelling of the parotid salivary glands. Following a 2-3 week incubation period there may be low fever, muscular pain and headaches. In TCM, mumps is described as 'rising of Wind-Damp infection'.[1]

Cupping Therapy Mumps[2] is treated by applying Water cupping over the swollen glands, with good results (Fig.12.5).

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Allergic Rhinitis (hay fever)

This is a seasonal allergy due to increased pollen count in the atmosphere. Hay fever is characterized by sneezing bouts and a blocked, itching and runny nose; many people develop the additional symptom of red and runny eyes. In TCM hay fever is considered to be Wind-Cold invading the Lungs at the initial onset, turning into a Wind-Heat syndrome in the later stages.

Treatment Principle Remove Wind-Cold and 'open' the chest. If not treated in time, Wind-Cold may turn into Wind-Heat with its own characteristic features.[3]

Cupping Therapy *Wind-Cold stage:* Medium to Strong cupping on GB-21 Jiangjing, BL-13 Feishu and Dingchuan Extra (Fig.12.6A).

Wind-Heat stage: In addition to the above points, also apply Light to Medium cupping on LU-1 Zhongfu and Light-moving or Moving cupping to the Upper Zone (Fig.12.6B).

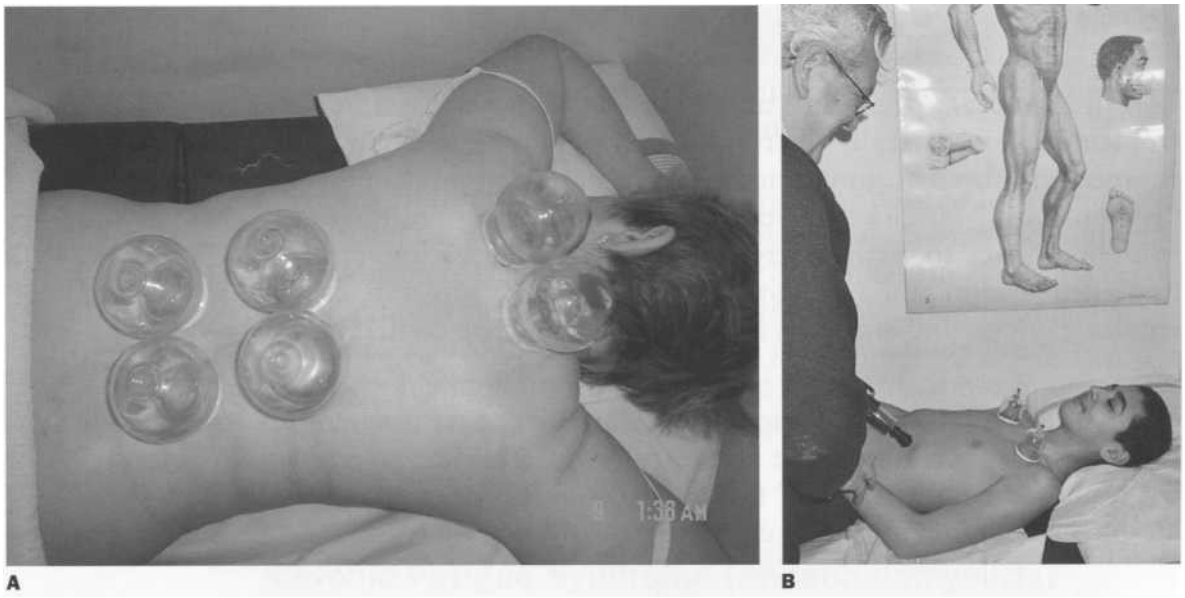

Fig.12.6 (A,B) Allergic rhinitis.

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Breast Enhancement

From time to time I have seen patients who complained that their breasts were 'too small for my body'. In most of these cases I declined to treat because to me they looked quite normal; consequently, change is not to be expected from cupping.
I have treated nine cases of extremely flat-chested patients, all aged between 15 and 20, applying cupping in conjunction with acupuncture (GB-21 Jianjing, ST-15 Wuyi, directing downward towards the nipple, and ST-18 Rugen directing upward towards the nipple). In all cases large cups are applied in order to envelop the whole of the breast (Fig. 12.7). Medium to Strong suction is used, beginning with 5 minutes and increasing up to 20 minutes on each visit. Each course consists of between 20 and 30 sessions. During the treatment six patients achieved more than a 50% increase in their breast size, two achieved a 20% increase, and in one no change was observed. No follow-up study has been undertaken.

Since the first edition was published I have treated several more patients with the same complaint. As a result I have come to the conclusion that two major factors influence the outcome of this treatment: one is the age and the other is the weight of the patient! Patients who were over the age of 20 and patients who were severely underweight in relation to their height had a poor prognosis.

Cellulite

This orange-peel appearance under the skin is mostly seen in women. This is generally the result of poor lymphatic circulation coupled with lipid accumulation and stagnation of fluids under the skin. Many factors contribute to cellulite formation, ranging from pregnancy to birth control pills and irregular eating habits to poor digestion and a sluggish elimination mechanism. Lack of regular exercise and smoking are also believed to be contributory factors.

Over the years I have used cupping therapy for the treatment and management of cellulite quite successfully. I can almost guarantee the results to be 'satisfactory' following 3 months of cupping therapy! In conjunction with cupping therapy, a daily regime

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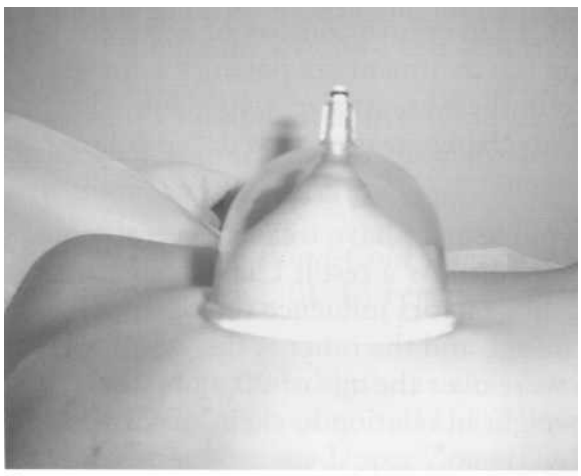
A

B



C

Fig.12.7 (A-C) Cupping over an underdeveloped breast.

of walking for between 30 and 50 minutes, increasing the fluid intake up to 2.5 litres per day and reducing salt consumption (salt encourages the cells to retain fluid) is also recommended during and after the cupping programme.

Cupping Therapy Apply oil liberally to the desired location and administer Light-moving cupping for 10 minutes on each side of the body, increasing the duration by 5 minutes on each visit up to 20 minutes each side. *The direction of the cupping movement should be aimed towards the lymph glands, i.e. the groin.*
This action stimulates the Blood and Qi circulation, removes stagnation, helps the lymphatic drainage and increases the lipid metabolism (Fig.12.8).

Chronic Fatigue Syndrome (encephalomyelitis)

Chronic fatigue syndrome (CFS), or encephalomyelitis (ME) as it is known outside the USA, affects many people of all ages.

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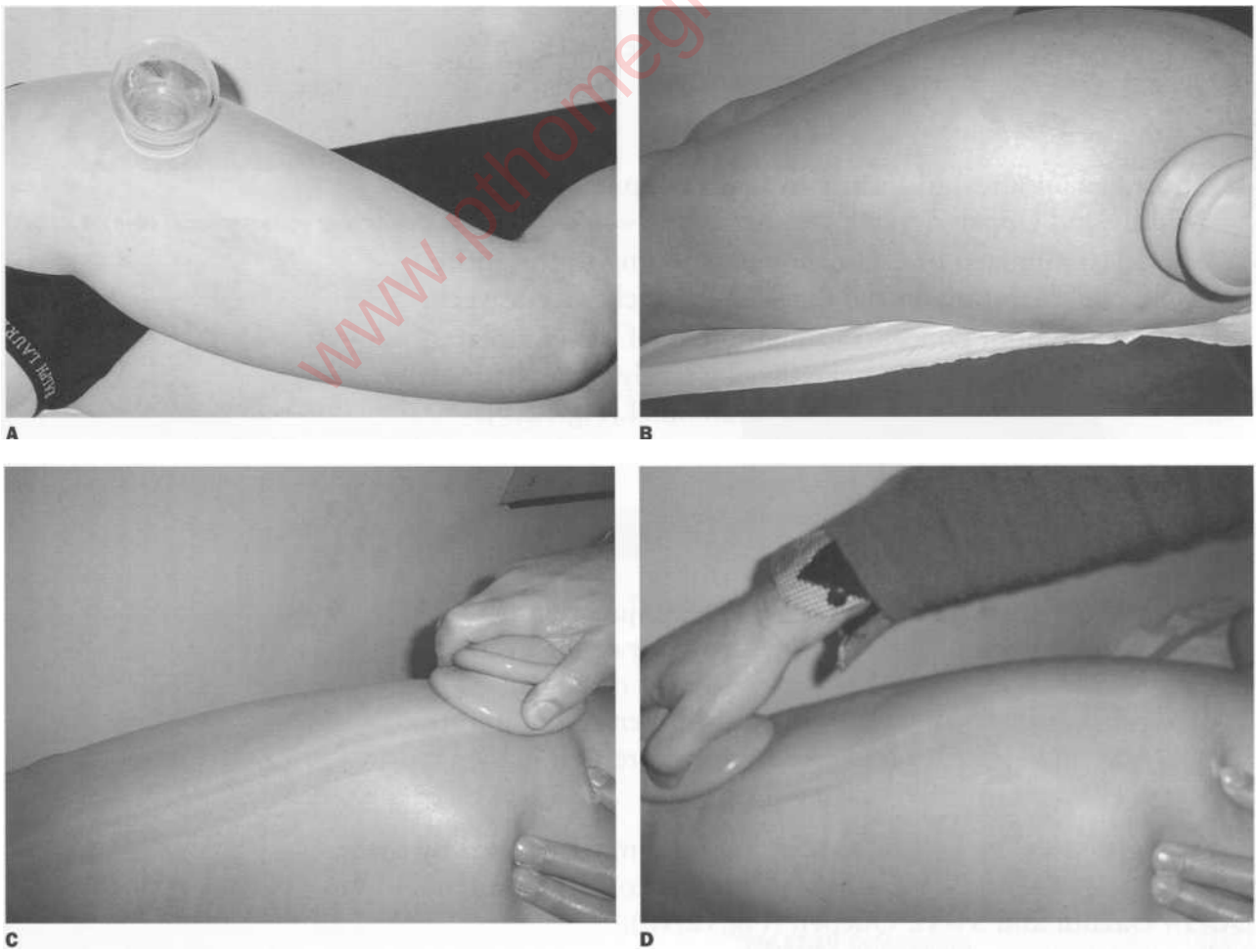

Fig.12.8 (A-D) Moving cupping over cellulite.

Yet many conventional doctors are refusing to recognize or acknowledge this condition as a disease. It is, however, quite a debilitating condition. The manifestations of CFS/ME are disabling fatigue after a minimum of physical effort, headaches, muscular pains, gastrointestinal complaints, poor memory and difficulty in concentration, poor sleep patterns, catching colds several times a year, reduced immune system (CFS is sometimes described as the 'immune system deficiency syndrome'), painful lymphatic glands and generally feeling unwell.

In TCM pathology, Dampness - especially the Damp-Heat type pathogen - is considered the primary cause of CFS/ME. Qi deficiency is the next major factor. Fong-term Qi deficiency will almost always cause Stagnation of various types, in particular Qi and Blood Stagnation that may lead to physical symptoms such as pain as well as extreme tiredness. For more detailed reading on the subject of CFS/ME, see *Journal of Chinese Medicine* Issues 35, 40 and 44.

Treatment Principle

1. Resolve phlegm and clear pathogens such as Damp and Heat.
2. Tonify and move the Qi in order to resolve Qi and Blood Stagnation and improve the energy level.

Cupping Therapy

1. Short (10 minutes) of Empty to Fight cupping, to the Middle and Upper Zones twice a week.
2. Short (10 minutes) of Fight-moving cupping to the entire back, concentrating on the Bladder channel twice a week.

If memory and poor concentration are part of the complaint, try stimulating the DU channel either by applying Fight-moving cupping or gentle massage on the DU channel (Fig.12.9).

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Conjunctivitis

This condition is the inflammation of the conjunctiva (a transparent membrane which covers the front of the eyeball and the inside of the eyelids). This disorder is often caused by an irritation such as allergies or environmental pollution, pollen, dust and electrical flares. Symptoms are red, itchy, burning eyes with profuse lacrimation.

Cupping Therapy Conjunctivitis and ophthalmitis[2] caused by the use of electric flashes are treated by cupping to FI-15 Jianyu, DU-14 Dazhui and ST-12 Quepen (Fig.12.10).

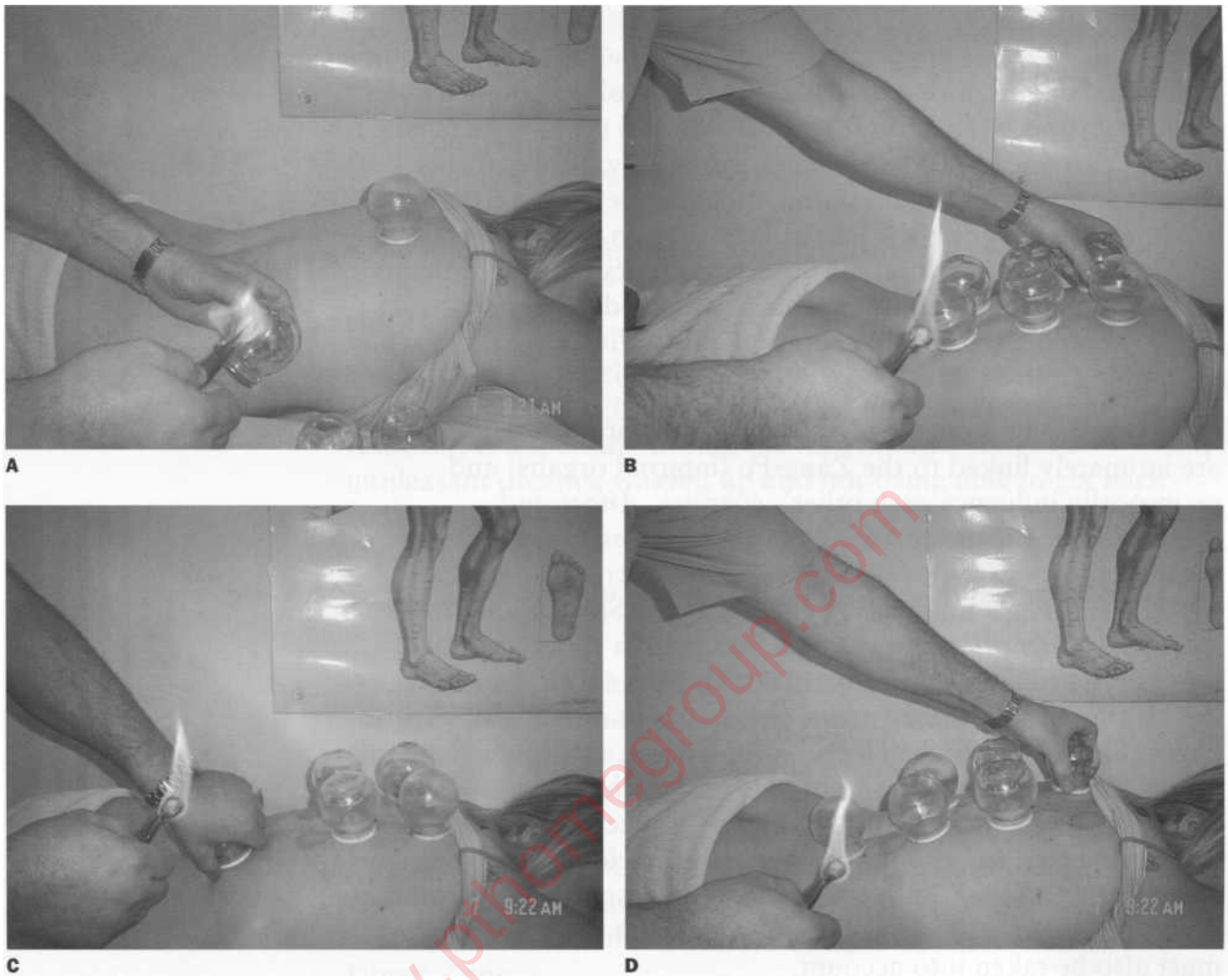

Fig.12.9 (A-D) Cupping therapy for chronic fatigue syndrome (encephalomyelitis).

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Fig.12.10 Conjunctivitis.

Depression

Emotional disturbances such as anxieties, phobias, mood swings and depression often accompany behavioural symptoms. Changes in sleep pattern, tension headaches, irritability, panic attacks, chest pains, general tiredness and altered appetite are common. Treatment depends on the particular situation. Psychotherapy or antidepressant medication, or both, are the standard treatments offered to patients within the mainstream medical system. Patients coming to complementary therapy clinics are those who are seeking a drug-free approach.

As far as TCM is concerned, mental and emotional conditions are intimately linked to the Zang-Fu (internal organs) and reciprocally influence each other's energies. *Anger and frustration*, for instance, affect the Fiver; *excessive joy* affects the Heart; excessive or *prolonged worry* affects the Fungs and the Spleen; long-term *pensiveness* affects the Spleen; long-lasting *sadness* or *grief* affects the Fungs; *fear,* even a short-term one, affects the Kidneys; *shock,* again even a brief shock, can affect the Heart and the Kidneys; *love* (especially one-sided) affects the Heart; *hatred* affects the Heart and the Fiver; continuous *craving* affects the Heart and long-term *guilt* affects the Kidneys and the Heart.[2] However, a particular emphasis is placed upon the Fiver (responsible for smooth flow of the Qi), the Heart (houses the Shen-Spirit and the Mind) and the Spleen (responsible for the Blood production). During cupping treatment the above factors must also be taken into account.

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Treatment

Liver Pattern Qi Stagnation

Rebellious (energy flowing the wrong way) Liver-Qi and deficiency of Qi both cause Qi stagnation.

Treatment Principle In both cases treatment should be directed towards *releasing and maintaining a smooth flow of the Qi.*

Rebellious (excessive) Liver-Qi Causing Stagnation Symptoms include frustration, short temper, red eyes, restlessness, depression, anger, intolerance and a feeling of fullness in the chest; also includes premenstrual tension and breast distension in women.

- Cupping therapy: Medium to Strong Moving cupping to the Middle and Upper Zones, concentrating on the Bladder meridian.
- Cupping duration: Up to 15 minutes on each side.

Deficiency of Qi Causing Stagnation
Symptoms include pale appearance, depression, apathy, inward personality, lack of spirit and exhaustion.

- Cupping therapy: Light to Medium Moving cupping to the Middle and Upper Zones, concentrating on the Bladder meridian.
- Cupping duration: Up to 10 minutes on each side.

Heart Patterns

Disturbed Shen-Spirit due to inability of the Heart to store the Shen. Symptoms include depression, palpitations, weepiness, restlessness (especially during the night), nightmares or unpleasant dreams, waking up and not being able to get back to sleep.

Treatment Principle Nourish the Heart, calm the Mind and restore the free flow of the Qi.

Alongside the cupping therapy, Heart-nourishing herbal prescriptions are an essential component of this pattern. Cupping strength should be determined according to the patient's energetic condition.

Cupping Therapy BL-13 Feishu, BL-15 Xinshu and BL-17 Geshu should be cupped for 3-4 weeks followed by a further 3-4 weeks of Medium Moving cupping to the Upper Zone.

Spleen Patterns

Overwork, too much thinking, constitutional weaknesses, poor diet and worry all damage the Spleen's ability to transform and transport the body fluids, leading to accumulation of fluids, particularly phlegm, which 'clouds the Mind' causing diarrhoea, nausea, dizziness, confusion, relentless talking and mental confusion.

Treatment Principle Tonify the Spleen, resolve phlegm and restore the free flow of the Qi.

Cupping Therapy The strength of cupping therapy should depend on the energetic condition of the patient: BL-18 Ganshu, BL-20 Pishu and BL-23 Shenshu. This should be followed by Light to Medium Moving cupping to the Lower and Middle Zones.

Cupping Duration Between 10 and 20 minutes.

See Plate 23 in the colour plate section.

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Hangover

Overindulgence in alcohol consumption completely disrupts the entire Qi mechanism including the direction of the Qi movement. It causes dehydration, which in turn leads to Yin deficiency such as Liver- and Kidney-Yin vacuity and Empty-Heat. Spleen-Qi is destroyed due to improper diet and eating habits, reflected in the skin texture and the overall complexion. As a result, the Qi becomes inadequate as well as rebellious (by moving in the wrong direction) and restless. This complete confusion of the Qi system is the main cause of the 'sick' feeling described as a 'hangover' the next day. The symptoms of hangover can vary enormously from person to person. Some people may display more physical than psychological symptoms and vice versa.

Treatment Principle Restoring and regulating the smooth flow of the Zang-Fu Qi is the overall priority before dealing with other symptoms such as Empty-Heat and Yin or Yang deficiencies of various Zang-Fu organs.

Cupping Therapy Apply Light-moving cupping to the Conception Vessel (Ren Channel), starting from CV-3 Zhongji and finishing at CV-15 Jiuwei, for 10 minutes. Apply Gua Sha technique (or massage) to CV-17 Shanzhong towards the mouth, for a further 5 minutes. To the back of the body, apply a further 15 minutes of Moving cupping technique to both Bladder channels and the DU channel if possible. Repeat this treatment up to three times a day should the symptoms persist (see Plate 24 in the colour plate section).

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Headache/Migraine

Headaches are probably the most common of all complaints seen in the clinic; between 6 and 12% of adults experience a headache at least once a week. The pain experienced can vary in intensity from person to person. This can be described as 'mild' headache to 'severe' debilitating type headache. Causes of headaches can be emotional as well as physical. Identifying the underlying cause will help determine the treatment modality and the medication. In children headaches that occur alongside a fever should be taken more seriously as this could be an indication of meningitis (inflammation of the meninges) that can have serious consequences. The majority of adult headaches are harmless and of very little significance.

The most common factors that bring on headaches are various types of worry (in particular financial worry), tension, tiredness or emotional upsets. Less commonly, a headache may reflect some infection, such as of the teeth or sinuses. Some eye

conditions can also precipitate headaches. *Migraine* is a special type of severe headache that usually affects only one side of the head and is frequently accompanied by other symptoms, such as nausea, vomiting and vision disturbance.

In this section the most commonly seen headache patterns are shown in the cupping therapy protocol. Differentiations of headache will not be discussed, as this is a vast subject and beyond the scope of this book.

Cupping Therapy For frontal headaches, treatment by cupping of Taiyang Extra and Yintang Extra (acupuncture) is administered. For migraine,[2] cupping on Taiyang Extra and DEI-14 Dazhui is administered (Fig.12.11).

Hiccups

This condition is considered as rebellious Stomach-Qi rising upwards (the normal Stomach-Qi travels downwards).

Treatment (acupuncture and cupping) A reducing method of acupuncture is applied to regulate, pacify and direct the Stomach-Qi downward: CV-12 Zhongwan, P-6 Neiguan, ST-36 Zusanli, CV-17 Shanzhong and BL-17 Geshu. After removing the needles, Strong cupping is applied to CV-12, CV-17 and BL-17. The hiccups have reportedly stopped completely after 30 minutes (see Plate 25 in the colour plate section).

Infertility

Over the years I have employed cupping therapy in conjunction with acupuncture and moxibustion, in many cases quite successfully, to treat infertility problems. The whole experience can take an excessive toll on the patient's mental, emotional and

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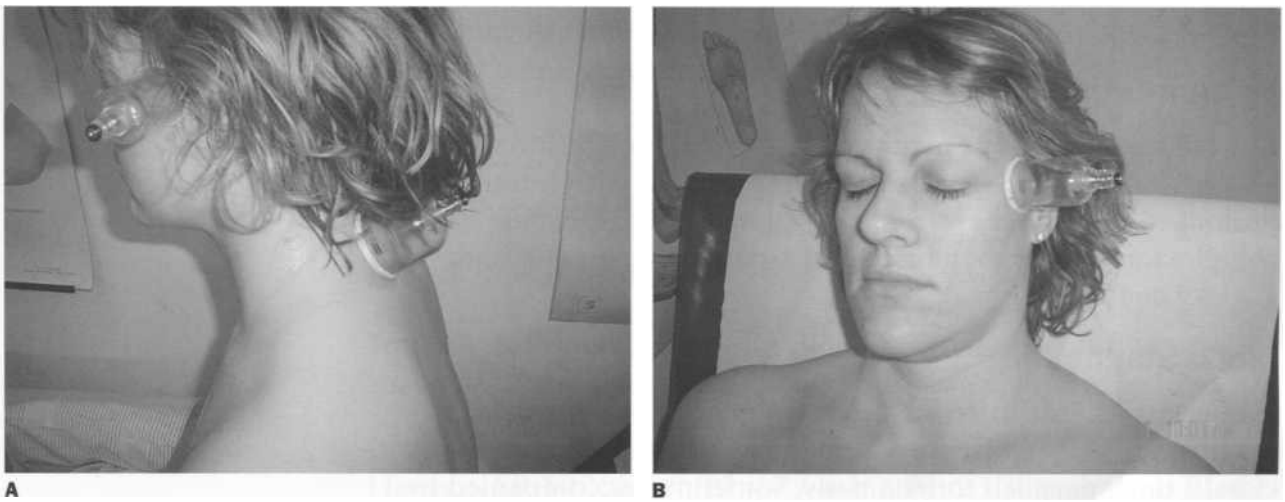

A B

Fig.12.11 (A,B) Headache.

physical states, often involving and testing the entire relationship between partners undergoing any form of assisted conception therapy. Failure to have children after 2-3 years of marriage, despite both partners being healthy, is sufficient to be considered infertile.[2] According to TCM aetiology, there are five pathological conditions that can cause infertility in women:

- Kidney deficiency
- Liver-Qi Stagnation
- Phlegm-Dampness
- Blood Stagnation
- Cold uterus.

Kidney Deficiency

Kidney-Yang Deficiency Clinical manifestations include infertility, feeling tired (especially as the day progresses), long-term back pain, a prolonged menstrual cycle with scanty periods with a light-coloured discharge or amenorrhoea, dizziness, weakness of the legs, lack of sexual desire, loose stools, a pale tongue with a white coating, generally feeling cold and colourless facial features. However, not all the symptoms are expected to be present at the same time.

Kidney-Yin Deficiency Clinical manifestations include infertility, a short menstrual cycle with scanty, clear-red flow, dizziness, palpitations, insomnia, irritability, dry mouth or vagina, heat sensation in the palms, soles and chest, and a red tongue with little coating.

Liver-Qi Stagnation

Clinical manifestations include infertility, mental depression, aggressive or short tempered, early or late (irregular) periods, dark coloured scanty periods (usually with clots), dysmenorrhoea, sighing, premenstrual distension and tender breasts, a normal or dark red tongue body with a thin, white coating.

Phlegm-Dampness

Clinical manifestations include infertility, obese constitution, long history of phlegm condition, feeling tired with heaviness, prolonged menstrual cycle, sticky vaginal discharge, pale complexion, dizziness, nausea and a pale/white tongue body with a sticky coating.

Blood Stagnation

Symptoms include infertility, dysmenorrhoea accompanied by cramps, prolonged bleeding with scanty and dark flow with clots, a dark purplish tongue body, sometimes accompanied by dark red spots.

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Cold Uterus

Symptoms include infertility, scanty periods with prolonged discharge and dark clots, cold lower abdomen with pain that is relieved by hot bottle application and a pale/white tongue body with no coating.

Treatment Principle As well as addressing the above differentiations, one must not underestimate and overlook the importance of the *Ren* and *Chong* channels, the two extraordinary channels responsible for the health of the uterus which may affect the outcome of the treatment.[5] Together with Kidney-Qi, the Ren and Chong channels are responsible for nourishing the uterus and assisting the fertility treatment by harmonizing both channels, as illustrated below.

Treatment

Kidney Deficiency

Treatment Principle Tonify the Kidney-Qi and Regulate the Ren and Chong channels.

Cupping Therapy CV-4 Guanyuan, CV-6 Qihai, K-ll Henggu, ST-30 Qichong, BL-23 Shenshu and BL-52 Zhishi (Fig.12.12A).

Liver-Qi Stagnation

Treatment Principle Disperse Liver-Qi Stagnation, tonify the Kidney-Qi and regulate the Ren and Chong channels.

Cupping Therapy Liv-13 Zhangmen, Liv-9 Yinbao or SP-6 Sanyinjiao, ST-30 Qichong, CV-4 Guanyuan, CV-6 Qihai, BL-23 Shenshu and BL-52 Zhishi (Lig.12.12B).

Phlegm-Damp

Treatment Principle Remove Phlegm-Damp, tonify the Kidney-Qi and regulate the Ren and Chong channels.

Cupping Therapy CV-12 Zhongwan, SP-6 Sanyinjiao or SP-9 Yinlingquan, ST-30 Qichong, CV-4 Guanyuan, BL-20 Pishu, BL-23 Shenshu and BL-52 Zhishi (Lig.12.12C).

Blood Stagnation

Treatment Principle Remove Blood Stagnation, tonify the Kidney-Qi and regulate the Ren and Chong channels.

Cupping Therapy ST-30 Qichong, CV-4 Guanyuan, K-ll Henggu, SP-10 Xuehai, BL-17 Geshu, BL-23 Shenshu and BL-52 Zhishi (Lig.12.12D).

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Fig.12.12 (A-E) Infertility.

Cold Uterus

Treatment Principle Warm the uterus, tonify the Kidney-Qi and regulate the Ren and Chong channels.

Cupping therapy Hot-Needle cupping technique on CV-12 Zhongwan, CV-4 Guanyuan, CV-6 Qihai, K-ll Henggu, ST-30 Qichong, BL-23 Shenshu and BL-52 Zhishi (Fig.12.12E).

Comment

Moxibustion application with a moxa stick or a moxa box is extremely effective and beneficial when dealing with any form of Cold pathological condition. I would therefore urge practitioners not to overlook the importance of the warming and healing properties of moxibustion treatment.

Insomnia

Inability to sleep or regularly waking up after going to sleep, waking up tired and disturbed sleep patterns are all indications of insomnia. In TCM, the relationship between the Body and Mind is very intimate. For instance, Blood deficiency or Fire (especially Heart-Fire) will have a profound effect on the Mind. Anger or frustration will affect the Liver's energies, leading to restlessness and agitation. Therefore, when treating insomnia, the underlying cause should be investigated and treated accordingly.

Cupping Therapy Insomnia[2] is treated by cupping in conjunction with massage to the same points: BL-15 Xinshu, BL-17 Geshu and BL-23 Shenshu (see Plate 26 in the colour plate section).

Lacrimation

Wind-lacrimation[2] is treated by local acupuncture and cupping over Taiyang Extra (see Plate 27 in the colour plate section).

Prolapse of the Bladder and the Uterus

Bladder Prolapse

Both the bladder and the uterus are held in place by muscular layers and ligaments much like a 'hammock'; this is called the 'pelvic floor'. When the pelvic floor is damaged and becomes weak it fails to hold the organs in place, causing prolapse. The most common contributory factors are heavy lifting, pregnancy, obesity, surgical interventions to the pelvic organs (e.g. hysterectomy) and age (with age all muscles and ligaments become weaker). Symptoms include pain in the lower back, heaviness with a pulling sensation in the vaginal area, incontinence with lifting or coughing, the need to urinate frequently, exertion during a bowel movement and pain during sexual intercourse.

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As far as TCM is concerned, all prolapses (including vagina and rectum) are due to Kidney-Yang deficiency, i.e. failure of Kidney-Yang to 'lift and hold upright' the urogenital organs. Therefore, alongside cupping therapy, Kidney-Yang tonifying herbs and acupuncture should also be applied as part of the treatment.

Cupping Therapy Apply Medium to Strong cupping to CV-3 Zhongji, ST-30 Qichong, BL-26 Guanyuanshu and BL-28 Pangguangshu (see Plate 28 in the colour plate section).

Prolapse of the Uterus

Cupping Therapy Apply Medium to Strong cupping to CV-6 Qihai, K-12 Dahe, ST-29 Guilai, DU-3 Yaoyangguan and BL-26 Guanyuanshu (see Plate 29 in the colour plate section).

Sexual Frigidity

Sexual frigidity is described as being unable to experience orgasm or sexual pleasure, or the absence of sexual desire. Causative factors can vary from emotional to physical reasons. In TCM, however, frigidity in women is often differentiated into two major pathologies:

1. *Cold-type frigidity* (Kidney-Yang deficiency): Clinical manifestations include frigidity, tiredness, feeling cold in the lower abdomen or in the vagina, low libido and a pale tongue with a thin coating.
2. *Hot-type frigidity* (Liver-Qi stagnation): Clinical manifestations include frigidity, painful coitus, feeling hot or itching in the vaginal region, restless with a short temper and a red to purple tongue body without coating.

Both pathological factors have a profound effect on the pelvic organs and associated energies that control sexual desire.

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Kidney-Yang Deficiency

Treatment Principle Regulate the Ren and Chong channels and tonify the Kidney-Yang by warming the Lower Jiao.

Cupping Therapy Apply Hot-needle cupping method on the lower abdomen and the lower back of the body, concentrating particularly on CV-4 Guanyuan, CV-6 Qihai, ST-30 Qichong, GB-25 Jingmen, BL-23 Shenshu and BL-20 Pishu. Treatment should be carried out two or three times a week for 5 weeks, subsequently reducing to once a week for a further 5 weeks.

Moxibustion Moxibustion should also be employed quite frequently during the treatment, in particular to the lower abdominal points as well as the lower back points with the addition of DU-4 Mingmen (Fig. 12.13A).

Liver-Qi Stagnation

Treatment Principle Dissipate Liver-Qi stagnation, harmonize the Ren and Chong channels and calm the Mind.

Cupping Therapy Apply Light to Medium cupping method on Liv-5 Ligou, Liv-13 Zhangmen, GB-25 Jingmen, CV-4 Guanyuan, CV-6 Qihai and ST-30 Qichong. To the back of the body apply bilateral Moving cupping method to the Bladder channel starting from BL-15 Xinshu and ending level with BL-28 Pangguangshu. Treatment should be given twice a week for 5 weeks, subsequently reducing to once a week for a further 5 weeks (Fig.12.13B).

Fig.12.13 (A,B) Sexual frigidity.

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Spondylosis

Spondylosis (spinal osteoarthritis) is stiffness in the spine with degenerative changes in the intervertebral discs that may cause loss of normal spinal function; this may be accompanied by osteoarthritis in older people. As well as restricted movement, common complaints include neck and back pain with stiffness, particularly first thing in the morning, that improves during the daytime as the patient gets more mobile.

Cupping Therapy Medium Moving cupping for up to 15 minutes can be applied to the affected region with good results. Spondylosis is treated by cupping followed by acupuncture to the tender points on the spine, with additional points of SI-11 Tianzong and SI-9 Jianzhen (see Plate 30 in the colour plate section).

Toothache

Toothache[2] is treated by cupping over DU-11 Dashu, ST-6 Jiache and ST-7 Xiaguan, massage over TW-17 Yifeng and acupuncture to LI-4 Hegu (see Plate 31 in the colour plate section).

Torticollis

Torticollis (also known as wryneck) is due to the involuntary contractions of neck muscles, where the head is twisted to one side by tightening of the sternocleidomastoid muscle. Head deviation to one side, shaky head, neck pain and abnormal posture are among the symptoms. In TCM, torticollis is considered as Wind attack which injures the channels.

Cupping Treatment Treatment is aimed at removing the Wind factor from the channel involved by using acupuncture, moxibustion and cupping therapy.

Torticollis[2] is treated by applying acupuncture to GB-39 Xuanzhong in an upward direction, followed by cupping therapy to the affected site (see Plate 32 in the colour plate section).

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Chapter 13

Precautions and Contraindications

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Cupping therapy in general is very safe and has no side effects. There are a few exceptions, however, and when these are observed the implementation is safe and the benefits are generous. Cupping is contraindicated on an empty stomach, particularly during the long fasting periods such as the Holy Ramadan month, as fasting temporarily weakens the body's energy, and in people suspected of haemorrhage of any kind.

Do not employ cupping therapy over the eyes, sunburn or burns in general, open wounds or a recent trauma. During pregnancy avoid cupping to the lower and upper abdomen; the lower back can be cupped until the sixth month of pregnancy, using Light or Medium cupping methods only (see Plates 33, 34 and 35 in the colour plate section).

In patients complaining of lethargy or exhaustion, Empty cupping only should be employed for a very short time, i.e. a maximum of 5 minutes. During Bleeding cupping patients on anticoagulant drugs may bleed more than originally calculated. It is therefore necessary to monitor the bleeding and remove the cup when about 100 ml of blood has been extracted. Such patients also mark or bruise more quickly and the skin takes longer to recover to its normal colour. See also Chapter 14 on sports injuries.

Chapter 14

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Sports Injuries

Introduction

Sports injuries are quite common, especially for people who tend to be active or exercise a lot. Over the years I have treated numerous sportsmen/women, applying cupping therapy in conjunction with acupuncture and many times on its own with numerous benefits to the athlete. Although many sportsmen/women come seeking help as a result of an injury, I have also treated many, and in particular long distance (endurance) runners, *before* the event took place. Without any overstatement I can testify that almost all athletes reported some form of improvement to their overall health, including feeling 'refreshed', 'light' and 'more flexible', and having 'less pain' and 'more energy'. For the reasons I have listed below, I believe cupping therapy can be employed quite successfully during the management phase of many injuries as well as before the sporting activity, in order to help the athlete deliver their maximum performance.

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Precaution

Cupping therapy immediately following sports injury should not be attempted at the site of the injury until the practitioner is absolutely certain that the bleeding into the injured tissues has completely stopped. It is of paramount importance that this safety measure is adhered to, in order to avoid further damage to the tissues involved.

In the acute stages of sports injuries the normally acceptable treatment is to apply an ice pack to minimize swelling and bleeding into the muscle. After the initial treatment has been undertaken, rest, physiotherapy or, if necessary in the case of extreme injuries, surgical intervention might be the next course of action. Cupping therapy is most effective in the subsequent stages of the injury (usually around 24 hours later) and is certainly not suggested as an immediate treatment directly following an injury.

This is because the instant physiological reaction to injury is a rush of synovial fluid and blood into the injury site in order to 'protect' the injured area (hence the swelling of the injured site). If the injury is severe, blood also escapes into the tissues, resulting in a black and blue swelling. At this stage cupping therapy is not an appropriate form of treatment, as the condition could worsen due to the power of suction that is created inside the cup. From the TCM energetic point of view, we can safely conclude that all forms of injury, anywhere on the body, cause local stasis and stagnation of Qi, Blood and Fluids.

The purpose of cupping therapy, therefore, is to remove and eliminate this adverse stagnation (Qi, Blood and Fluid) by dispersing the stasis and harmonizing the smooth flow of Qi, Blood and Fluids. Consequently, the best time to administer cupping therapy is when the practitioner is quite satisfied that the bleeding has completely stopped which, in most cases, will be the next day. The cupping application forces the stagnant blood, fluid and Qi into movement towards the cup. When this treatment is administered by means of the Bleeding cupping technique, some blood and fluid will also be removed from the swollen site into the cup. This action will have the immediate effect of decreasing the localized pressure and reducing both swelling and pain. Consequently, it offers welcome relief and benefit to the patient.

With regard to the question: 'Should cupping therapy be administered to an open wound?', the answer is, most definitely not! Wound healing takes time and depends on several factors. Local tissue oxygenation, infection, patient-related factors such as diabetes, nutritional deficiencies, smoking and medications are amongst the important healing factors.[1] Once again, to reiterate the point I have made above, cupping therapy is not the appropriate choice of treatment in the acute stages, but is most effective in the healing and recovery phases of the injury.

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Why Cupping Therapy?

One of the most authoritative books available on sports medicine is *Sports Medicine: A Comprehensive Approach* by Scuderi and McCann.[1] In Chapter 10, entitled *Wound Healing* (contributed by Dr Susan Craig Scott), a very clear account of the healing process is described:

Factors that affect wound healing: Local tissue oxygenation (pO_2 tissue partial pressure of oxygen) is the single most important factor in wound healing. It is poor local pO_2 that ultimately accounts for healing problems in irradiated tissue or in a patient with diabetes mellitus, peripheral vascular disease, chronic infection, and pressure sores. Interestingly, the fibroblast,

which lays down the collagen for wound healing, is oxygen sensitive. Collagen synthesis requires a pO_2 in the range of 90 to 95 mmHg; in patients on a normal diet with adequate vitamin C, the availability of O_2, to the fibroblast is the rate-limiting factor for collagen production. Adequate local pO_2 depends on several factors. There must be adequate inspired O_2 and haemoglobin must be adequate in level and normal in structure to allow the transfer of O_2 on demand by local tissue.

Let us take a pause for a moment and remind ourselves of the reasoning as well as the purpose of the cupping application itself. Cupping suction is due to the negative pressure created inside the cup either by introducing a fire into the cup or by manual/mechanical influences over the cup. This negative pressure forces the oxygen-rich blood to move towards the cup, thus saturating the damaged tissues with oxygen-rich blood and consequently precipitating the healing process. This is precisely why cupping therapy has an advantage over all other forms of healing systems, and one that is considered the most fundamental requirement in the healing process, according to Scuderi and McCann.[1]

As far as cupping therapy is concerned, we can further group the injuries into two categories: *overuse injuries* and *on-field trauma injuries.* Overuse injuries are the result of repetitive, cumulative mini-injuries to the same part of the body. They do not appear as a sudden onset complaint but rather as a slow onset aggravation that gets worse with each activity or exercise. Consequently, when the complaint becomes sufficiently intolerable for the athlete to seek help, the injury has penetrated into the deeper energetic layers of body tissue, resulting in the need for much more extensive treatment. However, when on-field trauma injuries are involved, after waiting for the initial acute stage of the injury to settle, the management of the injury is more rapidly responsive. This will therefore reflect favourably on the long-term outcome of the treatment.

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Ligament and Tendon Injuries

Tendons and ligaments are both potentially vulnerable to many incapacitating sports injuries. Together they bind, support and give stability, flexibility and strength to the entire musculoskeletal system as well as being responsible for the stretching and movement of the joints. I would like to take a brief look at the structure and functions of both ligaments and tendons.

Ligaments

A ligament is a short, tough band of white, fibrous, elastic connective tissue that binds nerves and muscles together and

retains tendons in place. Ligaments connect individual bones to others to form a joint. Some ligaments limit the mobility of articulations, or prevent certain movements altogether.[2] Capsular ligaments are part of the articular capsule that surrounds synovial joints. Extracapsular ligaments unite bones together and provide joint stability.[3] Ligaments also help support many internal organs, such as the bladder, uterus, liver and diaphragm. Ligaments are composed of 60-70% water and long, stringy collagen fibres.

Ligament injuries vary from mild injuries involving the tearing of only a few fibres to complete tears of the ligament, which may lead to instability of the joint. Ligament injuries are divided into three grades:

- A grade I sprain represents some stretched fibres but clinical testing reveals a normal range of motion on stressing the ligament.[4] Cupping therapy is applicable to a grade I injury.
- A grade II sprain involves a considerable quantity of fibres and, therefore, stretching of the joint and stressing the ligament show increased laxity but a definite end point.[4] Cupping therapy is also applicable to grade II sprains.
- A grade III sprain is a complete tear of the ligament with extreme joint laxity and no firm end point. Although they are often painful conditions, grade III sprains can also be pain-free as sensory fibres are completely divided in the injury.[4] Cupping therapy in grade III sprains is contraindicated until after the necessary intervention, i.e. after surgery, and well into the healing and building phase of the injured tissue.

Tendons

Tendons connect or attach muscles to bones; they provide the 'pulling' action on the bones. Tendons comprise tough and flexible bands of fibrous tissue which transmit power from muscle to bone and also act as shock absorbers. Tendons often become inflamed - a condition known as tendonitis. Rupture of a tendon, especially the Achilles tendon, is a common complaint amongst sportsmen and women. The composition of a tendon is similar to that of ligament: mainly water, fibrous and collagenous fibres. Both tendons and ligaments lack the presence of blood vessels (hence the familiar grey or white colouring in anatomical charts).

In the event of an injury, both of these tissue forms are deprived of the oxygen necessary for repair work. The application of cupping therapy, either directly or proximally on the tendons and ligaments, will facilitate the blood flow through the method described earlier, providing more evidence to support the opinion that cupping therapy is an effective treatment for muscular as well as tendon and ligament injuries.

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Tendon rupture comes in two forms: partial and complete. The two most commonly ruptured tendons are the Achilles tendon and the supraspinatus tendon of the shoulder.[5]

Skin Injuries

Injury to skin tissue during sporting activities is quite common, particularly in athletes involved in contact sports. The underlying structural damage to the bones, blood vessels, muscles and ligaments should always be taken into consideration. Damage to the skin resulting in an open wound should be managed appropriately:

There are three principles of treatment of all open wounds. The first is to stop any associated bleeding. The second principle of open wound treatment is to prevent infection by removing all dirt and contamination. The third principle is that, if the wound is over a constantly moving part, the area should be immobilised to encourage healing.[6]

Cupping therapy in all three circumstances is therefore contraindicated.

Muscle Injuries
Muscle Strain and Muscle Tear

Muscle tissues are strained or torn when some or all of the fibres fail to cope with the burden placed upon them. Muscle strains are among the most common sporting injuries. Common muscles to be affected are the hamstrings, quadriceps and gastrocnemius, all muscles that are biarthrodial (cross two joints) and thus more vulnerable to injury. A muscle is most likely to tear during sudden acceleration or deceleration.

Muscle strains are classified into three grades:

- A grade I strain involves a small number of muscle fibres and causes localized pain but no loss of strength.
- A grade II strain is a tear of a significant number of muscle fibres with associated pain and swelling.[7] In both types of strain, cupping therapy during the first 1-3 weeks should be avoided until the bleeding, swelling or inflammation is adequately managed.
- A grade III strain is a complete tear of the muscle. This is seen most commonly at the musculotendinous junction. Cupping therapy is once again contraindicated during the first 5-6 weeks of injury in grade III strains. However, when

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the underlying bleeding, swelling or inflammation is properly managed, cupping therapy can safely be administered in order to promote healing and to encourage the muscle building and strengthening process.

Bone Injuries

Bone Fractures

Bone fractures are common sporting injuries amongst athletes. This may be the result of direct on-field trauma such as a blow or a fall. Fractures are categorized as transverse, oblique, spiral or comminuted (fracture where bone is broken in several places). Another type of fracture seen in athletes, particularly children, is the avulsion fracture, where a piece of bone attached to a tendon or ligament is torn away.

The clinical characteristics of a fracture are pain, tenderness, localized bruising, swelling and, in some cases, deformity and restriction of movement.[8] Cupping therapy is totally contraindicated until symptoms such as bruising, swelling and deformity have disappeared or completely resolved.

Stress Fractures

Stress fractures are also a common injury amongst athletes, especially those that are engaged in running, jumping or repetitive stress. A stress fracture is a micro-fracture (tiny cracks) appearing in bones as a result of muscles becoming overtired and no longer able to absorb the shock of repeated force:

Overload stress can be applied to bone through two mechanisms: 1. The redistribution of impact forces resulting in increased stress at focal points in bone. 2. *The action of muscle pull across bone. Histological changes resulting from bone stress occur along a continuum beginning with vascular congestion and thrombosis. This is followed by osteoclastic and osteoblastic activity leading to rarefaction, weakened trabeculae and micro-fracture and ending in complete fracture. Stress fractures may occur in virtually any bone in the body. The most commonly affected bones are the tibia, metatarsals, fibula, tarsal navicular, femur and pelvis. Patients with stress fractures usually complain of localised pain and tenderness over the fracture site.*[9]

A clear and definite diagnosis is difficult to reach using ordinary X-ray investigation. Magnetic resonance imaging (MRI) scan or a radioisotopic bone scan (scintigraphy) is more revealing. Traditionally, rest and avoidance of the precipitating activity is advised. Most stress fractures heal with 6-8 weeks of total

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rest. Once the injured limb is pain-free and fully mobile, cupping therapy is of great value, particularly when a Light-moving cupping technique is employed and is accompanied by acupuncture.

Contraindications when Dealing with Sports Injuries

Cupping therapy is contraindicated in all the following conditions: to an open wound, to inflamed or infected tissue, to a bleeding injury (external as well as internal), over a fracture and to a grade III muscle or ligament sprain as well as in complete tendon rupture.

The *Sports Injury Bulletin*[10] (UK), *Sports Medicine for Specific Ages and Abilities,*[11] MedicineNet.com, *Sports Medicine: A Comprehensive Approach*[12] and *Clinical Sports Medicine*[13] were the main sources of sports injuries mentioned in this chapter.

Treatment: Lower Limbs
Ankle Injuries

Sprains

Ankle sprains are one of the most common ankle injuries a healthcare practitioner will see. These injuries can comprise as much as 10% of all A&E visits.[14] Sprains can be very painful and can cause restrictions in the movement of the joint. Swelling and bruising or both can also result from sprains.

Sporting Activities that Cause Most Ankle Injuries Participants in Australian football, football (soccer), skiing, snowboarding, surfing, karate, Tae Kwon Do, triathlon, running, rugby, cricket, squash and netball are amongst the sufferers.

Cupping Therapy Using a number 1 or 2 glass cup, apply Medium cupping, increasing to Strong method on SP-5 Shangqiu, ST-41 Jiexi (when swelling is present), BL-62 Shenmai, BL-60 Kunlun, K-3 Taixi and K-8 Jiaoxin. Apply Bleeding cupping on ST-41 Jiexi and BL-62 Shenmai when persistent bruising or swelling occurs. Moxibustion is also applicable to ankle injuries (Fig.14.1).

Achilles Tendon Injuries

Achilles Tendonitis and Achilles Tendon Rupture

The Achilles tendon attaches the calf muscle (gastrocnemius) to the heel bone (calcaneus) and connects the leg muscles to the

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foot. It facilitates walking, puts a spring in our step and helps us stand on tiptoe. The Achilles tendon is the largest and strongest tendon in the body; in mature adults it measures between 10 and 15 cm in length.[15] It lies just under the skin, has no protective covering and is therefore vulnerable to injury and inflammation.

Achilles tendonitis is a painful and incapacitating inflammation of the Achilles tendon. It often originates from overuse or micro-injuries that go untreated and cause the tendon to become painful, less flexible and swollen. Known causes of acute Achilles tendonitis include inflexibility of the Achilles tendon, insufficient gastrocnemius strength or flexibility, functional overpronation producing a whipping action on the Achilles tendon on heel strike as the heel goes from varus (bending towards the centre of the body) to valgus (bending away from the body) in midstance, number of years running, training pace, stretching habits, recent change in footwear and poor running shoes, recent increase in training (especially if it includes hill running), eccentric loading of a fatigued muscle-tendon unit from overtraining or running on uneven terrain.[16]

Achilles tendon rupture is a complete disturbance of the Achilles tendon, usually occurring at 2-6 cm above the heel bone (calcaneus). Achilles tendon rupture is characterized by sudden onset pain with local swelling and bruising. Patients often describe the feeling as been kicked in the back of the leg. Achilles tendon complaints may account for 5-10% of all athletic injuries.[17] The blood supply to the Achilles tendon is also quite deprived; therefore, in order to help reverse this condition, cupping therapy is particularly appropriate.

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Sports Activities Most Affected by Achilles Tendon injuries Achilles tendonitis is seen in runners, jumpers, rugby players, gymnasts, cyclists and participants in football (soccer), volleyball, tennis and all other forms of racquet sports. Achilles tendon rupture is more often seen in tennis players and the incidence seems to be rising because of an increasing number of older athletes. It is also common in sports such as basketball, squash, triathlon, diving, dancing, cricket and rugby.

Cupping Therapy Using a number 1 or 2 glass cup, apply Moving cupping directly on the Achilles tendon, starting from point BL-57 Chengjin and moving the cup in the direction of the calcaneus. Continue to apply Moving cupping to the inner and outer aspects of the Achilles tendon.
Moxibustion therapy is of immense benefit when treating Achilles tendon rupture injuries. A burning moxa stick is held directly over the swollen tendon for between 5 and 15 minutes, following the cupping treatment (Fig.14.2).

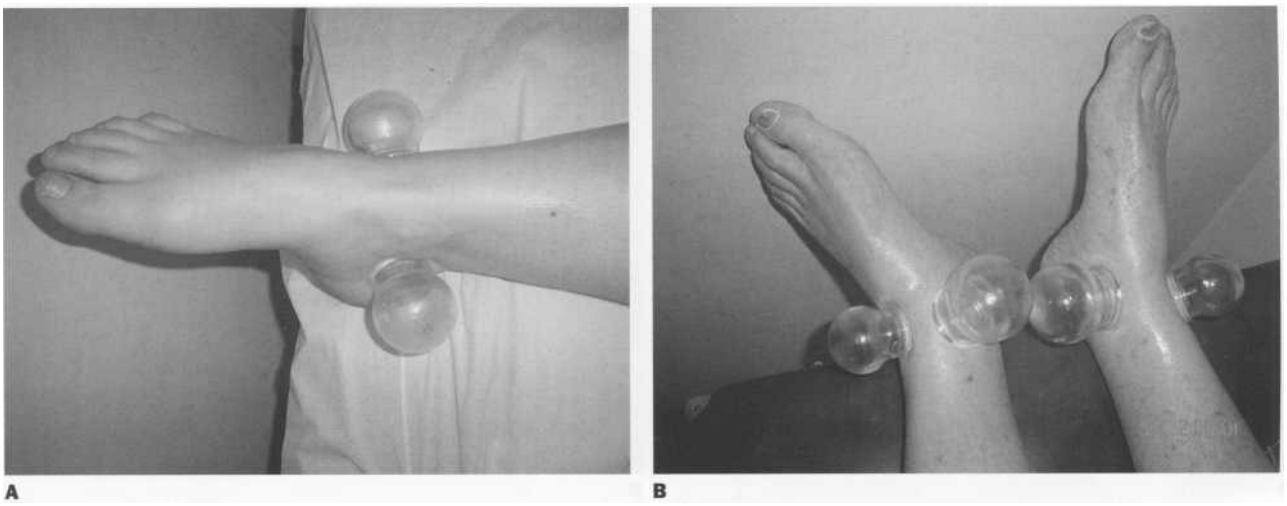

Fig.14.1 (A,B) Ankle injuries.

Fig.14.2 Achilles tendon injuries.

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Calf Muscle (gastrocnemius) Injuries

Calf muscles are amongst the strongest in the body and are designed to absorb the shock as we walk or run. Gastrocnemius is the powerful muscle that runs down the back of the calf and terminates in the Achilles tendon.[18] Medial gastrocnemius muscle tear usually happens at a time of utmost force during running, jumping or change of direction. The gastrocnemius muscle has been described as a 'short action' muscle, making it vulnerable to overstretching and rupture.[19] Athletes describe a sudden onset, crippling pain in the calf. Pain, swelling and bruising are the main symptoms.

Sporting Activities that Cause Most Gastrocnemius Muscle Injuries Runners (20% of all injuries),[20] high jump, rugby (40% of all injuries),[21] Australian football and football (soccer).

Cupping Therapy Depending on the size of the calf muscle, use a number 2 or 3 glass cup to apply Moving cupping on the middle

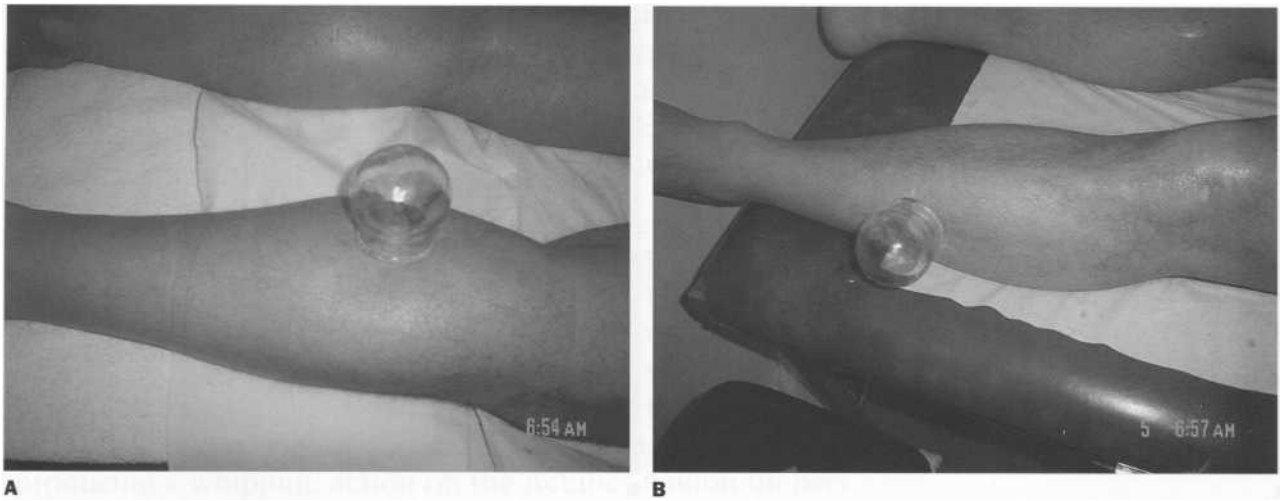

Fig.14.3 (A,B) Calf muscle injuries.

of the gastrocnemius, starting from the back of the knee (BL-40 Weizhong) and moving the cup towards the heel alongside the Achilles tendon. Starting from GB-34 Yanglingquan, apply Moving cupping alongside the Gall Bladder channel, terminating at GB-37 Guangming. Finally, apply Moving cupping to the inner aspect of the gastrocnemius, starting from SP-9 Yinlingquan and following alongside the Spleen channel, terminating at SP-6 Sanyinjiao. Apply between 10 and 20 movements to all three sides of the muscle. This treatment can be repeated up to twice a day for the first 3 days, reducing to once a day for a further 3 days. Cupping therapy to the gastrocnemius is particularly effective when muscle tightness or cramp occurs (Fig.14.3).

Medial Tibial Stress Syndrome

Medial tibial stress syndrome (shin splints, MTSS) is defined as injuries to the front of the outer leg. While the exact injury is not known, shin splints appear to result from inflammation from injury to the tendon (posterior peroneal tendon) and adjacent tissues in the front of the outer leg. Shin splints represent one member of a group of injuries called ‘overuse injuries’. Shin splints occur most commonly in runners or aggressive walkers, causing pain in the front of the outer leg below the knee. The pain of shin splints is characteristically located on the outer edge of the mid region of the leg next to the shin bone (tibia). Shin splint discomfort is often described as dull at the outset. However, with continuing trauma, the pain can become so extreme as to cause the athlete to stop workouts altogether.[22] The definitive location of injury in the shin area can be muscle, tendon, bone or the connective tissue wrappings which surround the muscle and tendon.[23]

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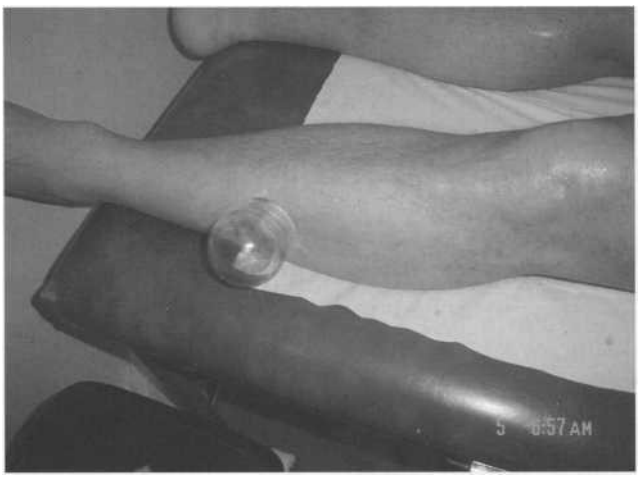

Fig.14.4 Medial tibial stress syndrome

Sporting Activities that Cause Most Shin Splint Injuries All athletes concerned in sports that involve running and jumping are at higher risk of shin splint injuries. It is considered an overuse injury. Sportsmen/women taking part in endurance running, sprinting, triathlon, football (soccer), squash, tennis, gymnastics, handball, basketball, rugby, cricket and volleyball are amongst the high risk athletes.

Diagnosis Correct diagnosis of MTSS is crucial during the cupping treatment as it can easily be confused with stress fracture injuries where cupping is contraindicated. Rest diminishes the symptom in the early stages of the injury but pain changes progressively from a 'dull ache' to more severe pain. The pain is not well localized but expands over approximately one-third of the length of the posteromedial tibia. This finding is important in distinguishing stress fractures, characterized by localized point tenderness. Negligible swelling may be present, but no specific mass is seen.[24]

Cupping Therapy Using a number 2 or 3 glass cup, apply Moving cupping to the outer aspect of the tibia. Cupping direction should follow the posterior tibial line, starting from ST-36 Zusanli and ending just below ST-39 Xiajuxu. A maximum of 15 minutes of daily treatment is recommended for the first 2 weeks, thereafter reducing to twice a week (Fig.14.4).

Knee Injuries

The knee is the body's biggest, and heaviest, joint. It is enclosed in a protective, fluid-filled sac called the synovial capsule. The medial collateral ligament (MCL) and the lateral collateral ligament (LCL) connect the upper leg to the lower leg along the sides of the knee. Together they stabilize and prevent sideways movement of the knee joint. Its parts are lashed together with tendons and ligaments. It is protected by a solid bony shield, the

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kneecap (patella). The thighbone is protected from contact with the lower leg bones by shock-absorbing cartilage. Despite all this protection, the knee is injured more often than any other joint.[25] Both overuse and on-field trauma are very common knee injuries because of the demand that sportsmen/women place on the legs during strenuous sporting activities.

Sporting Activities that Cause Most Knee Injuries Runners (25-30% of all injuries to endurance runners),[26] basketball, volleyball, football, skiing, water skiing, snowboarding, rugby, netball, high jump, swimming, cycling, golf, cricket, martial art and Tae Kwon Do athletes are all prone to knee injuries.

Cupping Therapy Using a number 2, 3 or 4 size cup, apply Medium strength cupping to ST-35 Dubi, ST-34 Liangqiu, GB-34 Yanglingquan, Heiding Extra and Liv-8 Quguan. Apply Bleeding cupping to persistent swellings and bruises (Fig.14.5).

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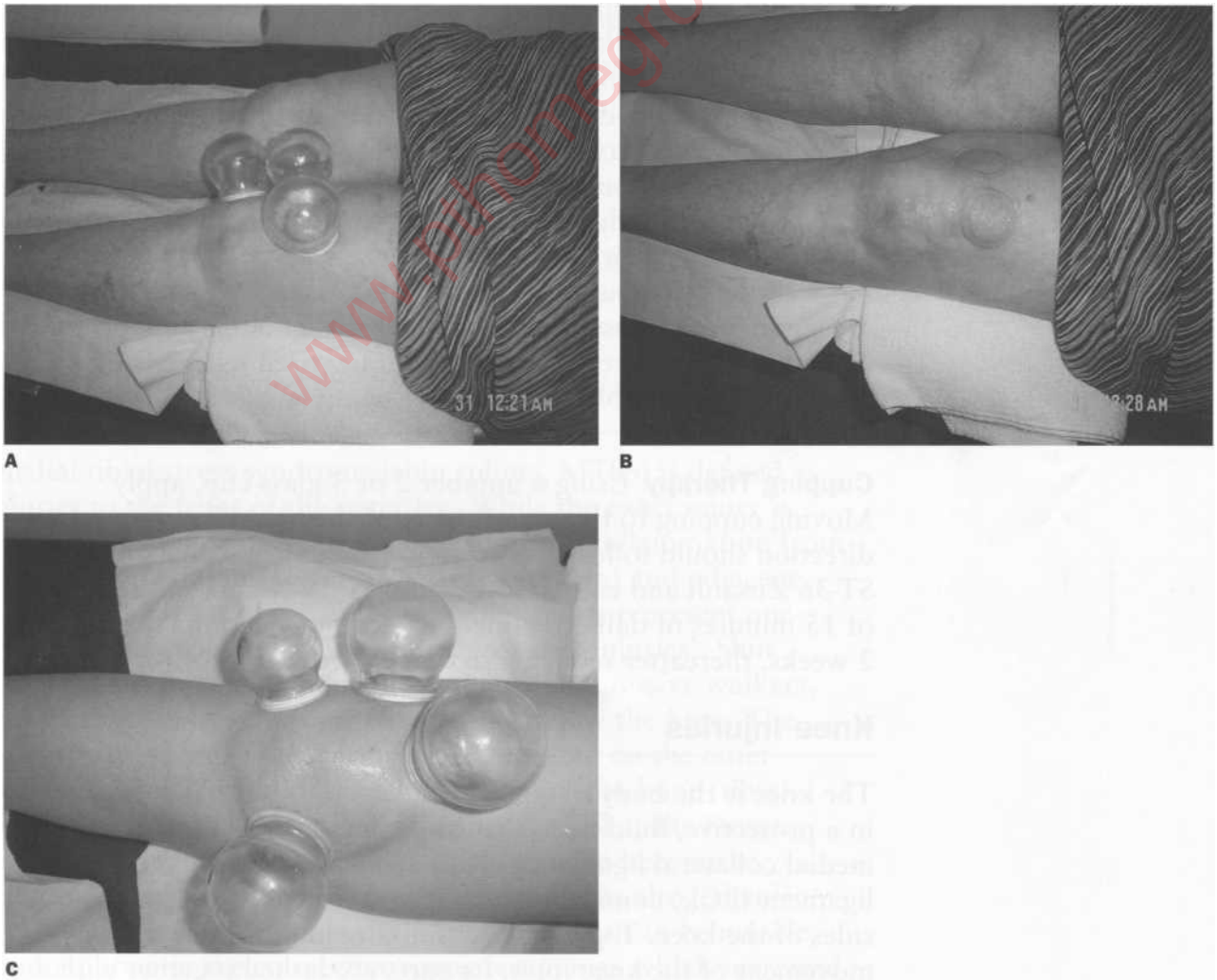

Fig.14.5 (A-C) Knee injuries.

Iliotibial Band Syndrome

Iliotibial band syndrome (ITBS) is a pain or aching on the lateral (outside) side of the knee or the hip. It is caused by friction between the iliotibial band and the knee or hip bone. The pain is often described as sharp with a burning sensation. Pain may also be present below the knee where the iliotibial band attaches to the tibia; accompanying pain may also transpire much higher up - in the tensor fascia lata itself or in its tendinous connection to the hip.[27]

Sporting Activities that Cause Most Iliotibial Band Injuries Running (12% of all running-related overuse injuries),[28] cycling, football, tennis, squash, weightlifting and handball.

Cupping Therapy Using a number 1 or 2 glass cup, apply Medium to Strong cupping method on the lateral side of the painful knee. Moxibustion application is also quite beneficial (before the cupping treatment). If the pain is higher up, in the tensor fascia, Moving cupping with a number 3 or 4 cup, directly on the tensor fascia, is performed. Should the pain be in the hip, Medium to Strong cupping with a number 4 or 5 cup is applied to GB-30 Huantiao, followed by Moving cupping on the tensor fascia (Fig.14.6).

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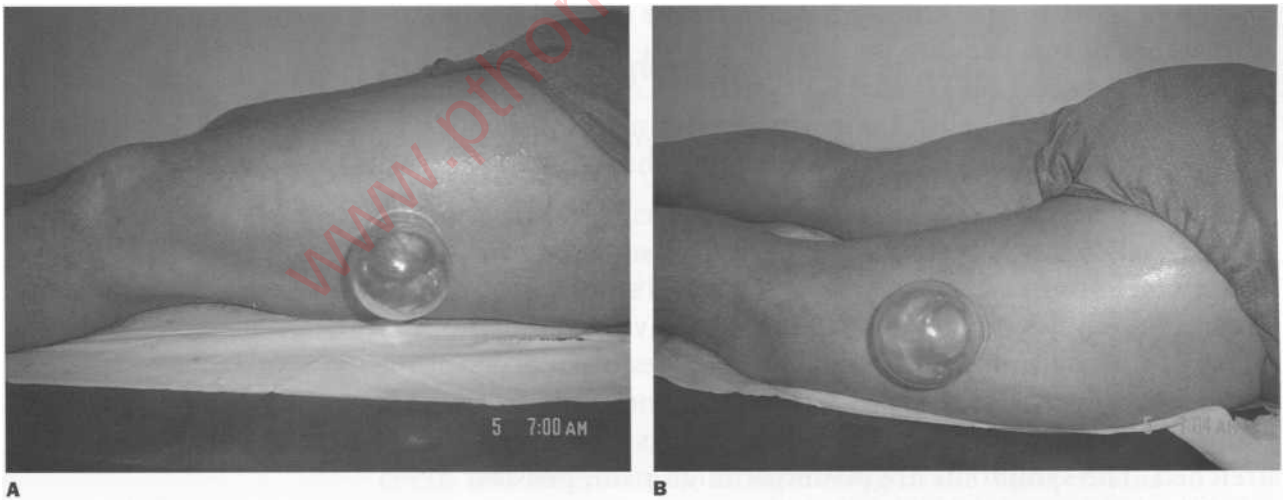

Fig.14.6 (A,B) Iliotibial band syndrome.

Hamstring Injuries

Hamstring muscles are a group of muscles at the back of the thigh which flex the knee and extend the gluteus maximus (the largest of the three muscles in the buttock). The hamstring tendon is a group of tendons behind the knee which link the thigh muscles to the bones in the lower leg.

Injuries to the hamstring group of muscles can vary from a minor strain to a major rupture. Minor strains are classified as grade I tears, whereas complete ruptures are classified as grade III tears. Grade II tears are incomplete ruptures. Given the function of these muscles, it should not be surprising that grade III injuries most frequently occur in the athletically strenuous and demanding sports. Grade I injuries tend to be mild in that they usually heal fully with only minor aggravation to the injured, especially in the sedentary individual. On the other hand, in power athletes, hamstring injuries can be severe and debilitating. Hamstring injuries usually occur with sudden lunging, running or jumping resulting in muscle injury.[29] An inconsistent amount of pain is experienced. The athlete is usually unable to continue and cannot even stand.

Hamstring complaints vary from strains, to 'pulls', tendonitis and tightness. Unfortunately, hamstring injuries are rather slow to heal, and athletes often spend several weeks resting or carrying out alternative activities before they are able to train without much pain.[30]

Sporting Activities that Cause Most Hamstring Injuries Hamstring injuries are particularly common in sports that require short bursts of power, acceleration and deceleration, such as football (a two-season study of English football league clubs confirmed that hamstring strains are the most common injuries in football, accounting for an average of 90 days and 15 matches misses per club per season, with a significant recurrence rate of 12%),[31] rugby, cricket and American and Australian rules football.[32] Long distance runners and in particular sprinters are well known for their hamstring injuries.

The hamstrings consist of three muscles covering the posterior thigh; biceps femoris is the most lateral with semitendinosus and semimembranosus making up the medial side.[33] The hamstring muscles are the most commonly involved muscle injury of the pelvis, hip and thigh. The injuries often occur at the musculotendinous junction, with forced flexion of the hip with a fully extended knee, or when the hamstrings are maximally stretched. The symptoms are posterior thigh pain, possibly a 'pop' being felt, and difficulty ambulating.[34] Hamstring pain is sometimes described as a 'referred pain' originating from lumbar spine injuries.

Cupping Therapy In order to determine the exact site of injury during the treatment phase, always refer to the hamstrings muscle group as indicated above. When treating lateral muscle injuries (biceps femoris), the cupping application should start from GB-30 Huantiao region, directing the cupping movement towards GB-32 Zhongdu (Fig.14.7A). When treating medial

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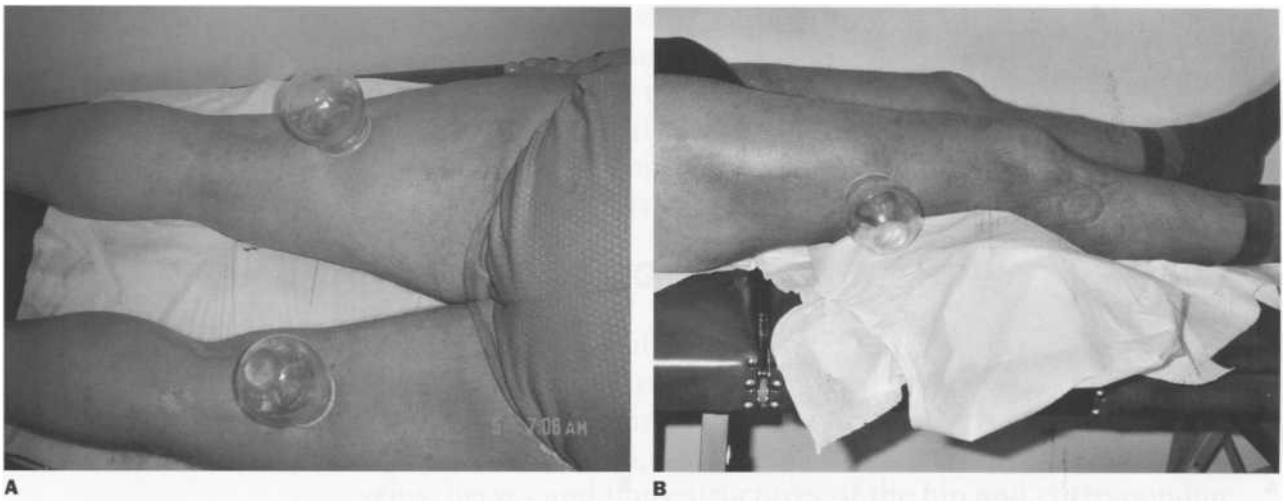

Fig.14.7 (A,B) Hamstring injuries.

muscle injuries (semitendinosus and semimembranosus), the cupping application should start from BL-36 Chengfu, moving towards BL-40 Weizhong (Fig.14.7B).

All cupping applications relating to hamstring injuries should be a Moving cupping technique. The strength of the suction can vary from Medium suction to Light-moving method. If the hamstring pain is a 'referred pain' originating from the lumbar spine, add DU-3 Yaoyangguan, BL-26 Guanyuanshu and BL-28 Pangguangshu.

Quadriceps Femoris Injuries

The quadriceps femoris, or 'quads' for short, is the large four-part extensor muscle at the front of the thigh (rectus femoris, vastus intermedius, vastus lateralis and vastus medialis). The muscle, the tendons and their attached bones include contraction parts that stabilize the hip and knee and allow their motion:

They cross both the knee and hip joints and consequently produce flexion at the hip, moving the thigh towards the chest, and extension or straightening at the knee. Vastus medialis is particularly important for the stability of the patella during activity. The oblique pull of the quadriceps muscle is counteracted by vastus medialis and weakness can cause the knee to give way.[35]

An injury takes place at the weakest part of the unit. Quadriceps strains are of three types:

1. A mild (grade I) strain, which is a slightly pulled muscle without tearing of muscle or tendon fibres. There is no loss of strength.

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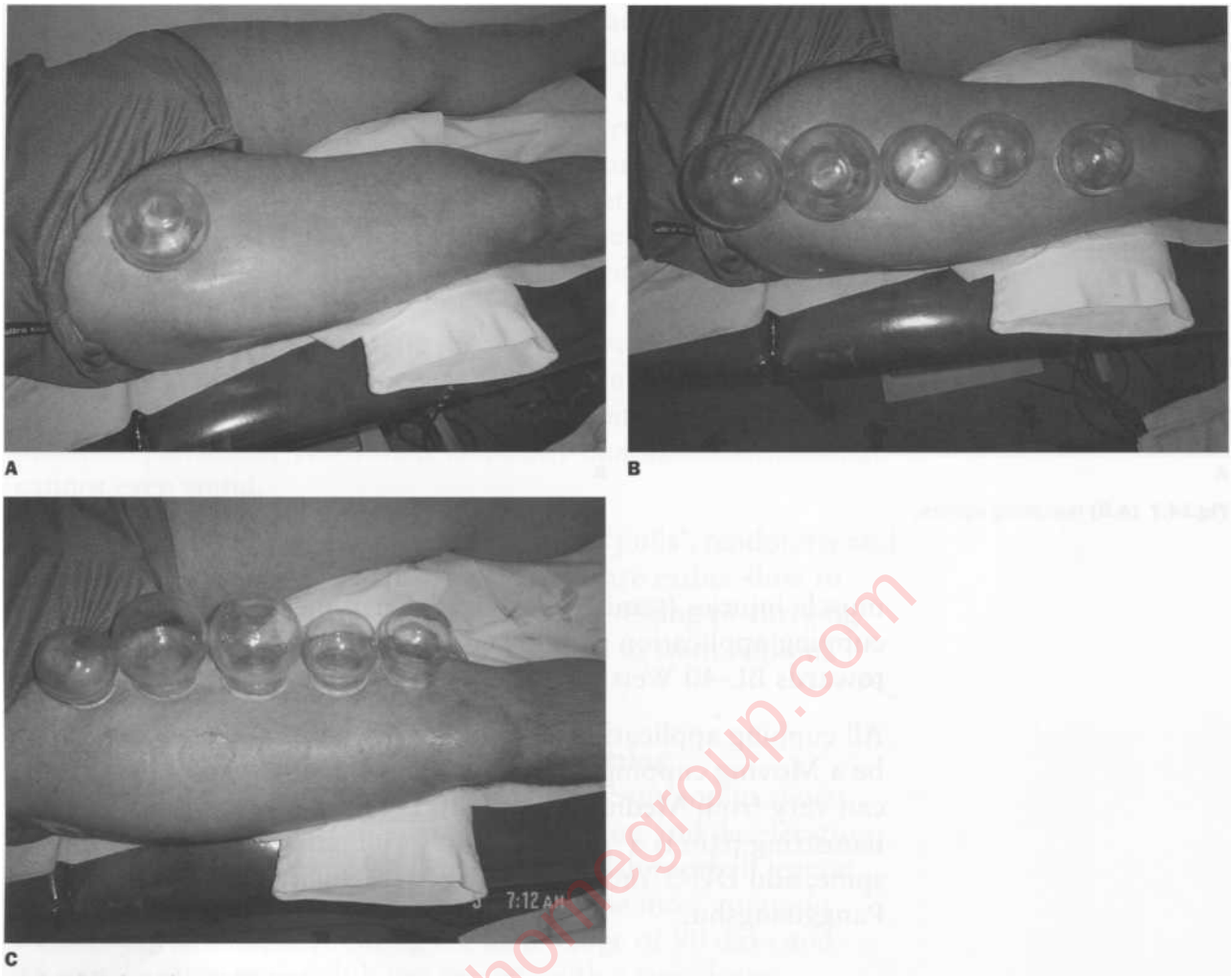

Fig.14.8 (A-C) Quadriceps injuries.

2. A moderate (grade II) strain, which is a tearing of fibres in a muscle or tendon or at the attachment to the bone. Strength is diminished.
3. A severe (grade III) strain, which is a rupture of the muscle-tendon-bone attachment, with separation of fibres. A severe strain may require surgical repair.

Chronic strains are caused by overuse; acute strains are caused by direct injury or over-stress.[36] Symptoms include pain when stretching or flexing the thigh, swelling of the injured muscle and weakness of the knee and the leg.

Sporting Activities that Cause Most Quadriceps Femoris Injuries Athletes involved in contact sports such as football, Australian football and rugby, as well as cricket and all sports that require a quick start such as running, sprinting and track events are amongst the higher-end sufferers from quads injuries.

Cupping Therapy Apart from a direct blow to the external muscle (vastus lateralis) and to the front muscle (rectus femoris), the inner muscle (vastus medialis) is the most treated muscle at the clinic. The majority of complaints are weakness of the leg

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and knee, together with pain, especially in women suffering from osteoporosis. Cupping application should always start with Light to Medium cupping technique as the vastus medialis muscle can be very sensitive to the pulling action of the cup. Moving cupping technique can be employed when treating external (vastus lateralis) and front (rectus femoris) muscles (Fig.14.8).

Hip Injuries and Groin Pain

All complaints about hip and/or groin pain should be taken seriously and examined thoroughly, since this region accommodates a complex array of vital organs, such as the reproductive organs, as well as the ligaments, tendons, arteries, veins, nerves and bony structures of the hip and corresponding attachments. This is also an area that deals with a constant and demanding burden during sporting activities as well as while carrying out our daily chores.

The hip is a ball-and-socket joint where the head of the femur attaches itself to the pelvis. Walking, running and jumping all affect the hip. Weakness of the lower back muscles as well as inappropriate footwear can contribute to hip pain. Most hip pain is due to a hip sprain caused by trauma during a contact sport: contusions, fractures, dislocations, ligament or tendon injuries, muscle contraction and overuse injuries.

The groin is a junction at each side of the body where the lower abdomen joins the top of the thigh. Groin pain can be triggered by a variety of factors including groin strain, or stretch and tear or rupture of the adductor longus muscle.

Sporting Activities that Cause Most Hip Injuries and Groin Pain Athletes involved in running and twisting sports are all susceptible to hip and groin injuries such as football, Australian football, rugby, golf and basketball.

Cupping Therapy As well as dealing with pain, back strengthening should also be part of the treatment when addressing hip and groin injuries. Starting with a Medium cupping method and increasing to a Strong cupping method, apply cups on lower back points BL-28 Pangguangshu, BL-53 Baohuang, EM-Yaoyan (also known as Guihai) and GB-30 Huantiao. When treating groin pain apply Moving cupping, starting from BL-28 Pangguangshu and moving the cup towards GB-28 Weidao (this helps to relax the adductor longus muscle as well as strengthening the back muscles). Moxibustion with moxa box should also be included as part of the treatment if pathogens such as Cold or Wind-Cold are present. Treatment should consist of at least one course of therapy, twice weekly for the first 3-4 weeks and reducing to once a week for a further 6 weeks (Fig.14.9).

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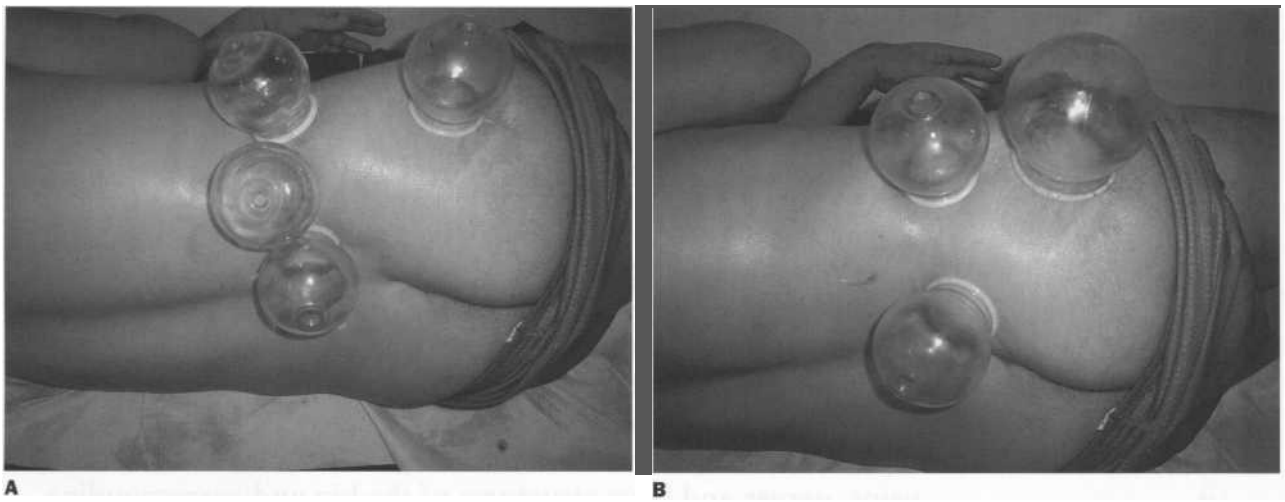

Fig.14.9 (A,B) Hip injuries.

Buttock Pain

Buttock pain is most frequently seen in athletes involved in kicking or sprinting sports. It can occur in isolation or may be associated with low back or posterior thigh pain. The diagnosis of buttock pain can be difficult as pain may arise from a number of local structures in the buttock or can be referred from the lumbar spine or sacroiliac joint.[37] The most common causes of buttock pain are the referred lower back problems including the lumbar spine, the sacroiliac joint and the hamstring attachments on the ischial tuberosities (bony parts of the buttock). There are, however, some more serious conditions that can also be the cause of buttock pain, including spondyloarthropathies, ankylosing spondylitis, Reiter's syndrome (reactive arthritis), psoriatic arthritis, arthritis associated with inflammatory bowel disease, malignancy and bone and joint infections.[38]

Sporting Activities that Cause Most Buttock Pain Athletes involved in kicking and sprinting sports, cyclist and runners are amongst the sufferers from buttock pain. Female athletes are more susceptible to buttock pain.[39]

Cupping Therapy Correct diagnosis and elimination of more serious conditions such as bowel disease, malignancy or bone infection are essential before any form of cupping treatment is administered.

- *For localized buttock pain:* Apply Medium to Strong cupping method to GB-30 Huantiao, BL-28 Pangguangshu, BL-54 Zhibian and EM-Yaoyan (extra point) (see Plate 36 in the colour plate section).

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• *For a spreading buttock pain:* As well as the above applications, add Moving cupping therapy using a medium-sized cup (number 3 or 4), following the path of the gluteus maximus muscle (see Plate 37 in the colour plate section).

Lower Back Injuries

Without any doubt, lower back pain is the single most common complaint amongst the general population - and athletes are no exception! Most common back complaints in sportsmen/women are due to tightness or a strain of the lower back muscles. When a muscle is strained or tightened it goes into spasm; this in turn results in constrained blood supply to the muscle tissue, which leads to even more muscular tension, pain and restricted movement. On-field injury, overuse or inflammation of the lumbar spine also results in lower back pain. In the case of overuse, repeated rotational movements of the spine, such as the swinging motions required for baseball, cricket, tennis, squash, handball, racquetball or golf, may eventually lead to injury or inflammation of the vertebrae, spinal discs, ligaments of the spine or the spinal muscles themselves, mainly in individuals whose lower back muscles are functionally weak.[40]

Spinal stress fractures resulting from a serious blow to the lower back during contact sports can also leave the athlete in constant pain and out of action for a considerable length of time. It is also worth reminding the practitioner that if there is any doubt about a potential spinal injury such as fractures, treatment with cupping therapy should not be attempted.

The majority of injuries to the lower back are soft-tissue injuries. Most of these injuries are contusions, musculotendinous strains and ligament sprains. Contusions result from blunt trauma sustained by a direct blow. Often the athlete is able to remember an incident responsible for the injury. On physical examination, a contusion will present as a relatively separate area of point tenderness with the occasional overlying bruise.[41]

Sporting Activities that Cause Most Lower Back Injuries Most running athletes and those taking part in sports that require a back-twisting action are susceptible to lower back injuries. Golfers, especially amateur golfers, are more prone to lower back injuries;[42] four out of five golfers, at all levels, will suffer low back pain at some time during their pursuit.[43] Cricket bowlers are reported to suffer as much as 20% from low back injuries[44] and female players' bowling-related back injuries were reported to be as high as 60%.[45] Rugby, baseball, tennis, squash, handball, racquetball and weightlifting athletes are amongst the highest on the list of sufferers.

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Cupping Therapy For lower back injury pain, the following point combinations are most effective:

- If the pain is across the lower back, apply cupping treatment to DU-3 Yaoyangguan, BL-26 Guanyuanshu and BL-28 Pangguangshu.
- If the pain is still in the lower back but is radiating towards the buttocks, the cupping application should be modified as follows: DU-3 Yaoyangguan, BL-53 Baohuang and BL-54 Zhibian point combinations (Fig.14.10).

In the acute stage of pain, always start the treatment by applying Light to Medium cupping methods for around 15 minutes at a time. The strength of the cupping application can be increased to a Strong method after the third or fourth visit, and, as above, retaining the cup in position for at least 15 minutes at each session. Conversely, when dealing with long-term or chronic lower back injury pain, the cupping application should commence by applying Medium or even Strong method, and similarly retaining the cup in position for between 10 and 20 minutes.

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Fig.14.10 (A-C) Treating lower backache and sciatica.

Moving cupping is also a suitable method when dealing with 'tense/stiff-back' or 'moving pain' syndromes. However, as far as the direction of the cupping movement is concerned, in order to benefit the damaged muscular structures it is important to follow the correct procedure. For example, when treating the erector spinae muscle, the cupping movement should follow the path of the muscle, i.e. in a vertical motion rather than a horizontal motion. The extent of the treatment can vary between 10 and 20 visits, depending on the severity of the injury and the time factor between injury and commencement of the treatment. Typically, the longer the duration of the injury, the more likely that longer treatment will be required (see Plate 38 in the colour plate section).

TREATMENT: Upper Limbs

Shoulder Injuries

Shoulder injuries are amongst the highest sports-related complaints presented at the clinic following back injuries. Shoulder injuries are also amongst the most challenging regions to treat, requiring time and patience, since the shoulder is a complex joint which is kept in place with an array of small, strap-like muscles and strong ligaments called the 'rotator cuff'. In fact, the shoulder joint is made up of three bones - the scapula, the humerus and the clavicle - and four joints - the glenohumeral (GH) joint (the 'ball and-socket' joint between the upper arm, or humerus, and the shoulder blade, or scapula), the acromioclavicular (AC) joint (the joint between the collarbone, or clavicle, and the highest point on the shoulder called the acromion, which is part of the scapula), the sternoclavicular (SC) joint (the joint between the sternum and the clavicle) and the scapulothoracic (ST) joint (the 'false joint' between the scapula and the ribcage). Furthermore, there is more movement possible at the shoulder joint than at any other joint in the body. Over 1600 positions in three-dimensional space can be assumed by the shoulder.[46] The soft protective cushion called the 'bursa', which is located between the shoulder joint and the rotator cuff, is a fluid-filled sac that prevents the rotator cuff from rubbing against the shoulder.

Common Shoulder Injuries and Cupping Therapy All collision and throwing sports and the 'overhead athletes' such as Australian football, volleyball, tennis, hockey, rugby, cycling, freestyle swimming, butterfly swimming, javelin, shotput, baseball, weightlifting, golf, gymnasts who perform on the rings or horizontal, parallel and uneven bars, and bowling-cricket players are highly susceptible to various degrees of shoulder

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injury, either during training or throughout their performance. AC joint injuries are amongst the highest in shoulder-related injuries. They account for 3% of all shoulder injuries and 40% of shoulder sports injuries.[47] The most common cause of an AC joint injury is a fall directly on the adducted shoulder. The force of the fall dictates the severity of injury to the AC joint: in grade I and grade II shoulder injuries prognosis is good; however, in grade III injuries surgical intervention may be required.[48] Depending on the force of the fall symptoms may vary accordingly; severe pain, a bump on the shoulder, painful restricted movement (particularly horizontal flexion), considerable local swelling and bruising are common. Stress is also a known contributory factor to shoulder tension, spasm and pain.

Acromioclavicular (AC) Joint Arthrosis (degeneration)

Excessive use of the shoulder or a direct blow resulting in AC joint separation may contribute to the development of acromioclavicular arthrosis. Symptoms and signs of AC joint degeneration are pain and discomfort to the front of the shoulder joint. Pain may radiate towards the neck, arm or chest, getting worse when the arm is brought forward across the chest.

Adhesive Capsulitis (frozen shoulder)

Adhesive capsulitis or 'frozen shoulder' is rarely seen in active and healthy athletes. Conversely, it is a more common occurrence in the older athlete. Adhesive capsulitis, a painful condition that causes severe loss of movement in the shoulder, is not generally connected with any particular sport. It may precede an injury to the shoulder, or may appear as gradual onset without any warning or injury. This condition occurs as a result of inflammation of the glenohumeral joint and its surrounding capsule.[49] Other associated factors include diabetes, trauma, breast surgery and hypothyroidism.[50]

Dislocated Shoulder

The shoulder joint is the body's most mobile joint that turns in many directions, and is secured to the scapular cavity (glenoid) by the rotator cuff muscle, tendons and ligaments. This advantage in mobility, however, also makes the shoulder more susceptible to dislocation. Shoulder dislocation occurs as a result of the humeral head popping out of its socket due to a fall onto an extended arm, accidents and traumatic sporting injuries. Symptoms include numbness, local swelling, weakness in the arm and the hand, and bruising. On examination, the dislocated shoulder has a characteristic appearance with a prominent humeral head and a hollow below the acromion.[51]

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Cupping treatment is more suitable during the rehabilitation period, rather than in the earlier, acute stage of the injury. Cupping therapy is aimed at strengthening the muscular structure as well as eliminating the local stagnation from the shoulder joint. Moving cupping is contraindicated when dealing with dislocated shoulder injuries.

Rotator Cuff Injuries

The rotator cuff muscles are the small but strong muscles around the shoulder; these comprise the supraspinatus, infraspinatus, teres minor and subscapularis. The subscapularis is an internal rotator of the glenohumeral joint, whereas the infraspinatus and teres minor muscles are external rotators. The rotator cuff as a whole functions to centre the humeral head in the glenoid for stability and to allow utmost pull during shoulder movements. As the arm is abducted away from the body or flexed, 'impingement' or squeezing of the rotator cuff between the head of the humerus below and the coracoacromial arch above can occur. Any overhead activity that involves the arm being taken often enough from below shoulder level to above shoulder level has the capacity to damage the rotator cuff. With repeated impingement, a poorly trained and conditioned cuff can become damaged, and a cycle of cuff damage, impaired function, further impingement and worsening cuff damage is initiated.[52]

Cupping Therapy Administering up to four cups by means of number 2 or number 3 small size jars, apply Medium to Strong cupping starting from 10 minutes and increasing to up to 30 minutes at each visit, close to the shoulder joint, concentrating on LU-2 Yunmen, SP-20 Zhourong, SI-9 Jianzhen, SI-10 Naoshu, SI-11 Tianzhong, LI-16 Jugu and TW-14 Jianliao. If pain is radiating to the arm, add LI-15 Jianyu, LI-14 Binao and TW-13 Naohui. If pain is radiating towards the neck, add SI-12 Bingfeng and TW-15 Tianliao. With the exception of dislocated shoulder injuries, Moving cupping is also applicable in all shoulder conditions, following the path of the muscle when moving the cup. If the shoulder tension or pain is due to stress, apply Empty cupping to both shoulders and the upper back for 10 minutes at each visit (Fig.14.11).

Note: In all types of shoulder injury complaints, external pathogens such as Cold and Wind-Cold are considered extremely harmful factors that need to be addressed. Subsequently, when these external pathogens are presented, local application of moxa (Hot-needle cupping) or direct moxibustion (rotation or spreading technique) becomes an indispensable tool. The duration of moxibustion therapy may vary between 5 and 15 minutes at each visit.

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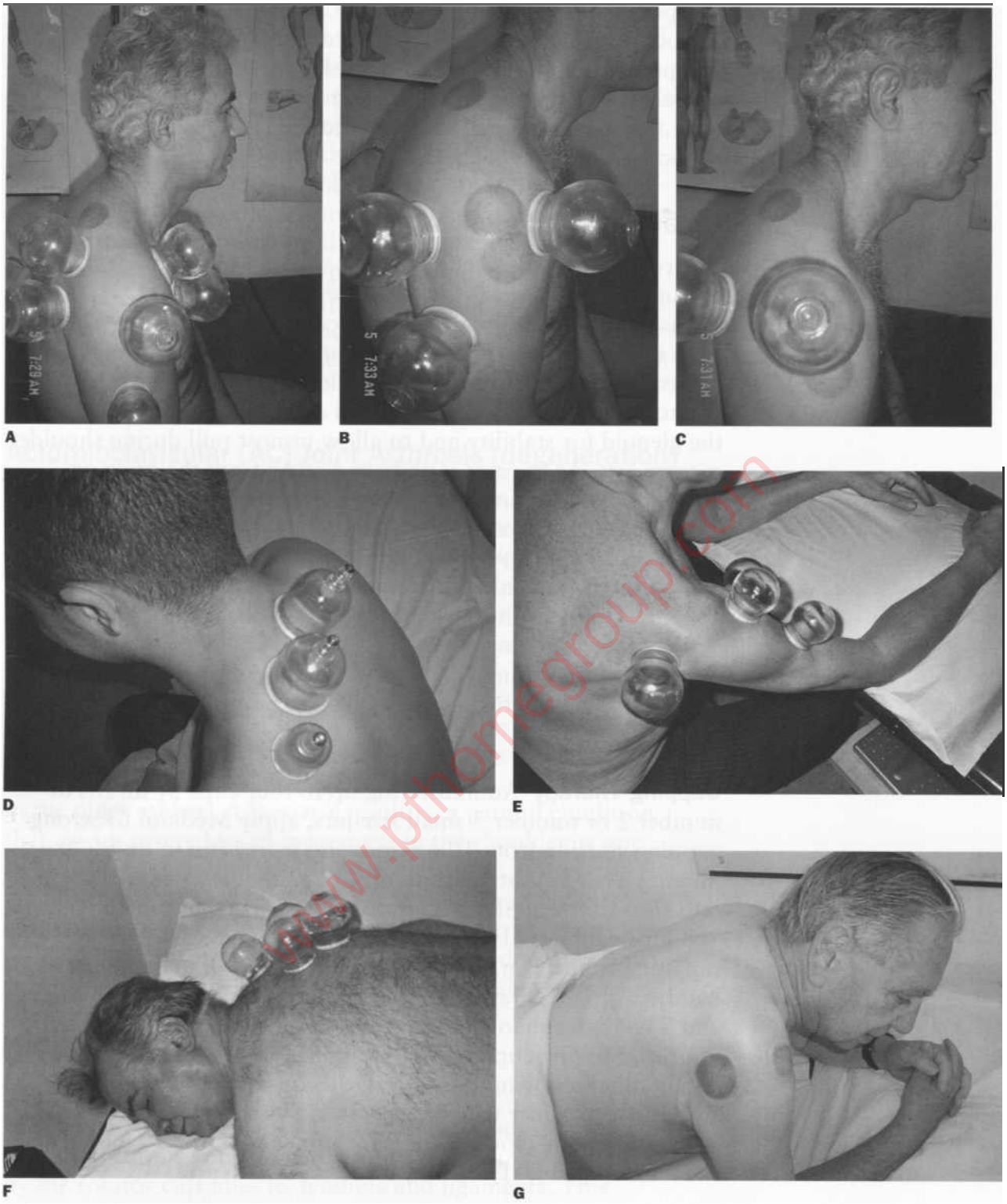

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Fig.14.11 (A-G) Shoulder injuries.

Elbow and Forearm Injuries

Elbow and forearm injuries are quite common amongst athletes participating in racquet and throwing sports. The majority of injuries to the arm and the elbow are the overuse injuries and may affect the bony parts, joints, muscles, ligaments, tendons or nerves. Acute elbow or forearm injuries are most often collision related on-field injuries that normally require treatment in the A&E department. Lateral epicondylitis ('tennis elbow') is the single most common elbow injury reported by active athletes:

This inflammatory condition, often accompanied by stiffness, soreness, and outright pain, affects up to 45% of regular racket sports participants. Basically, tennis elbow is an overuse injury caused by repeated contractions of muscles connected to the elbow joint of the arm used to hit the ball.[53]

Cupping therapy is mostly administered in the overuse type of injury. It should also be noted that cupping therapy is contraindicated in the acute stages of injury to the elbow and forearm.

Sporting Activities that Cause Most Elbow and Forearm Injuries Tennis and all other forms of racquet sports, golf, swimming, javelin, cricket, baseball, basketball, waterskiing, bowling, volleyball, football, gymnastics, weightlifting, shotput, canoeing, kayaking, archery and rock climbing are amongst the highest contributors.[54]

Cupping Therapy A combination of static and Moving cupping is employed during the rehabilitation period of elbow and forearm injuries. The main purpose of the cupping treatment is to help strengthen the forearm muscles and remove stagnation from the elbow joint (Fig.14.12).

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Underperformance Syndrome

Athletes, like the rest of us, can suffer from occasional loss of performance and energy. However, most usually recover fairly quickly and return to original form. Regrettably, however, some are very slow to recover or fail to do so, even after considerable rest. This is how the highly respected sports journal *Sports Injury Bulletin,* describes this debilitating condition:

The 'unexplained underperformance syndrome' (UUPS) is defined as a history of objective loss of performance, without a medical cause and despite two weeks of rest. This definition was arrived at by a group of experts in Oxford in 1999. UUPS is almost exclusively a condition of endurance athletes, commonly

occurring after a period of heavy training and competition. There is often a history of frequent minor infections. Anecdotally it is thought that between 2% and 10% of elite endurance athletes suffer significant episodes of UUPS during their sporting careers.

Fatigue is the key presenting symptom. This fatigue persists despite rest and leads to underperformance. The athlete may lose motivation and often complains of sore muscles and poor sleep. Sometimes they may experience a loss of libido and appetite. They also often become depressed. Less common symptoms of UUPS include: frequent minor infections, stiff or sore muscles, nocturnal hot sweats, minor changes in bowel habit, an elevated heart rate at a given intensity of training, an elevated resting heart rate, an inability to alter pace at the end of a race, mood disturbance and profound loss of motivation.[55,56]

Unfortunately, we are living in a highly competitive sporting world, and when the trainer or the coach is faced with an

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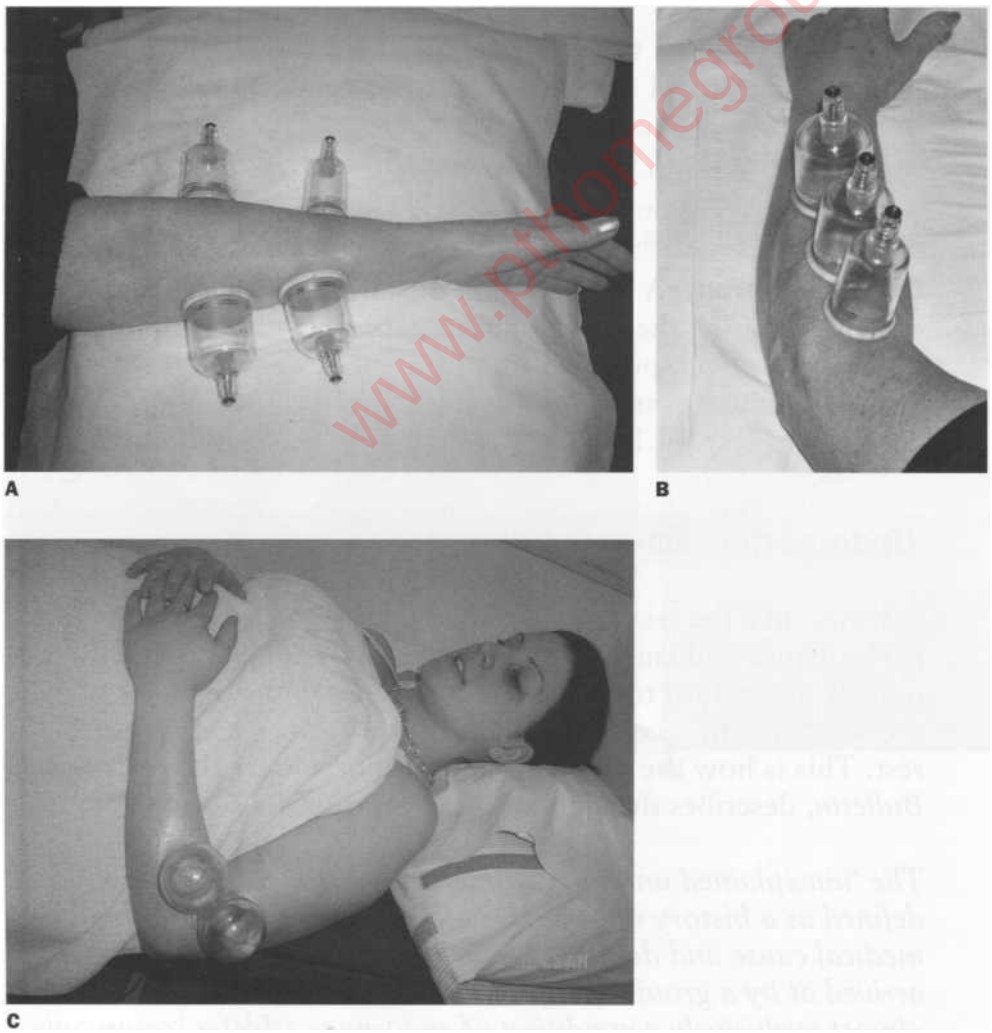

Fig.14.12 (A-C) Elbow injuries.

underperforming athlete, the universal approach is to increase the training load in order to improve performance and 'get more' from the athlete, hence temporarily solving the problem. However, when this cycle is frequently repeated it actually leads to more tiredness, reduced productive activity and worsening underperformance. I believe that the TCM diagnostic technique of pulse and tongue diagnosis is a superior method of correctly diagnosing the underlying factor(s) in the unexplained underperformance syndrome.

Blood Injury
How the Blood is Injured and What This Means

As discussed in Chapter 1, blood is described as a kind of material transformed from the essence of food produced through functional activity of Qi, which circulates through the blood vessels and nourishes the body tissue. Blood has a different role to play in Traditional Chinese Medicine from that of Western medicine. One of the most important characteristics of the Blood in TCM is that it contains Qi (energy). Qi is considered to be the locomotive of Blood. Where Qi moves, Blood also moves, and vice versa: where Blood moves, Qi follows.

There is a very intimate relationship between Qi and Blood. Blood injury occurs through poor diet and excessive demands on the body, such as overwork without having adequate rest or sleep in between, long-lasting bleeding, excessive sexual activity and a demanding exercise regime despite poor, ineffective recovery from a previous activity or physical injury. All the above activities, when practised in excess, will result in depletion of Qi, which is literally the 'driving force' of Blood. 'Blood injury', therefore, is a unique TCM terminology which describes irreversible damage to the Blood's functional properties.

There is, however, a distinction between depletion of Qi and an injury to Blood. Chronic Qi depletion or deficiency may present itself as a feeling of lethargy, breathlessness, profuse sweating, loss of appetite and, most of all, lack of both motivation and a desire to move. Blood injury symptoms may include all the above as well as the additional symptoms of pale and colourless facial features, dizziness, palpitations, insomnia and, most importantly, aching bones, muscles and tendons.

Cupping Therapy In both scenarios the aim is to stimulate Blood and Qi into motion in order to reverse the current 'stale' situation and promote a healthy and smooth flow of Qi and Blood throughout the body. In doing so, fresh and

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oxygen-rich blood and the dormant Qi are both forced into action to eliminate stagnation or stasis, at the same time helping to bring about a lasting recovery from past injuries and a quick return to form.

As described in Chapter 7, apply Empty cupping treatment to the front of the chest for 15 minutes every day for 10 days, concentrating on LU-I Zhongfu and LU-2 Yunmen and the entire back (torso) of the body (see also Chapter 12, Fig.12.9).

Where muscular pains are present, apply Light-moving cupping every day for 10 days on the painful areas of the body. Every application should only be performed for 5 minutes on each painful area.

Repeat the treatment procedure for several weeks after giving the patient a week's rest in between 10 sessions. During the entire period of the treatment, it is equally important for the athlete to refrain from intense training and to pursue a more gentle form of exercise regime.

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Chapter 15

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Myofascial Trigger Points Cupping Therapy

Background

Musculoskeletal tender points and their therapeutic values were first identified by Froriep[1] in 1843. In the publication *Muskel Scbweile,* trigger points were described as 'extremely tender, palpable hardenings in muscles that, when treated, afforded the patient much pain relief'.[1]

Between 1843 and 1997 numerous results and scientific papers were additionally published. The most notable and the one widely accepted as the most authoritative publication on trigger points is *Myofascial Pain and Dysfunction: The Trigger Point Manual* by Simons et al,[1] who describe the myofascial trigger point as 'a hyper-irritable spot in skeletal muscle that is associated with a hypersensitive palpable nodule in a taut band. The spot is painful on compression and can give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena. Types of myofascial trigger points include: active, associated, attachment, central, key, latent, primary, and satellite'.[1]

From the Traditional Chinese Medicine perspective, trigger points are similar to *ashi* points (also known as *pressure points)* as described in TCM pathology. These are sensitive spots that cause pain when pressed upon. However, a subtle difference remains - that when pressure is applied on trigger points *the sensation generated is often radiated or is referred to a predictable course.* These referred sensations can be pain, numbness, a tingling sensation, muscle stiffness and muscle weakness. Trigger points represent Stagnation of Blood or Qi at a deeper musculoskeletal level. These points are usually located in the centre of a muscular structure.[2] Apart from being 'sensitive' when gently stroked or pressed, trigger points can also be felt as a tight band or a 'lump'; not under the superficial layers of the skin, but in the deeper layers within the muscular structure, and sometimes close to the bone.

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What Causes Trigger Points?

Generally speaking, any action or movement that puts extra load on the musculoskeletal system can be the culprit. Persistent wrong posture while sitting or walking, carrying or lifting heavy loads, accidents, strains, falls, overwork, overuse of a particular muscle group and a stressful lifestyle can all contribute to trigger point formation.

Treatment Methods

According to Simons et al,[1] any physical intervention will influence a trigger point release (deactivation). Methods discussed in *The Trigger Point Manual* include acupuncture, spray and stretch, injecting trigger points with local anaesthetic such as procaine (most used method), trigger point pressure release, deep stroking (and other) massage, application of heat, posture correction, exercise, transcutaneous electrical nerve stimulation (TENS) and therapeutic ultrasound techniques - all described in detail.

The Practical Application of Cupping Therapy on Myofascial Trigger Points

During the cupping application a strong, *negative pressure* is created over the trigger point. This in turn will result in the stimulation of the stagnant Blood or Qi into movement towards the direction of the cup. The negative pressure will also force oxygen-rich blood to flow into the trigger point, releasing the muscular knot/lump. Sometimes trigger points are difficult to obliterate completely, especially when dealing with long-established trigger points. These may require more frequent cupping application, which can be as often as three times per week.

Because trigger points are located at the deeper layers of the muscle tissues, a Strong cupping method is often required to be effectual. As recommended earlier in this book, the treatment should begin by administering a Medium cupping method, at least for the first two visits, and subsequently gradually increasing the strength of the cupping to a Strong cupping method. Typically a single cup is applied to the trigger point, with several additional cups to the borders of the muscular structure or the path of pain. Not all trigger points are suitable for cupping therapy owing to their anatomical location. In these cases other methods of trigger point release should be employed.

One of the most suitable and effective types of cupping apparatus while conducting trigger point cupping is the pistol handle

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cupping set. As well as giving the practitioner total control over the strength of the suction, the small cups in the set also make it an ideal tool when treating points on the neck and face.

How to Locate an Active Trigger Point

Here is how Simons et al[1] describe both the active and the latent trigger points:

- *Active myofascial trigger point:* A myofascial trigger point that causes a clinical pain complaint. It is always tender, prevents full lengthening of the muscle, weakens the muscle, refers a patient-recognized pain on direct compression, mediates a local twitch response of muscle fibres when adequately stimulated, and when compressed within the patient's pain tolerance, produces referred motor phenomena and often autonomic phenomena, generally in its pain reference zone, and causes tenderness in the pain reference zone.
- *Latent myofascial trigger point: A* myofascial trigger point that is clinically quiescent (dormant) with respect to spontaneous pain; it is painful only when palpated. A latent trigger point may have all the other clinical characteristics of an active trigger point and always has a taut band that increases muscle tension and restricts range of motion.

Both types of trigger point share similar physical characteristics: well-defined, tense, palpable myofascial tightness, with a distinct painful nodule when pressed. An experienced tactile therapy practitioner has no difficulty in identifying these tight nodules; as well as feeling taut or tense the patient will always respond and react (sometime with extreme wrench) to the stimulation of trigger points.

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Cupping Application on Myofascial Trigger Points

To be absolutely certain that the correct trigger points are selected, Simons et al insist on four conditions which must be met: 'the detection of spot tenderness, palpation of a taut band, the presence of referred pain, and reproduction of the subject's symptomatic pain'.[1] In the following treatment protocol section (see Figs 15.1-15.31) I have indicated the trigger points (TrPs) cupping locations (O) as the 'most likely' locations, because these myofascial trigger points are not predetermined fixed points, but ones that can only be discovered by the practitioner after carefully palpating the myofascial structure. To demonstrate the pain pattern of trigger points, the main pain reference zone of the trigger points is shown in these figures in dark grey and the overflow zone in lighter grey.

Head, Neck and Shoulder Pain

Masseter Muscle (Fig.15.1)

Symptoms Restricted jaw opening, pain during biting and chewing. Masseter muscle TrPs may also refer pain toward the eyebrow, in front of the face and under the eyes, the ear and the upper or lower molar teeth.[1]

Cutaneous Facial Muscle: Zygomatic Major Muscle (Fig. 15.2)

Symptoms Zygomatic major muscle TrPs refer pain to the front of the face over the bridge of the nose and reaching to the middle of the forehead.[1]

Fig.15.1 Masseter muscle trigger points.

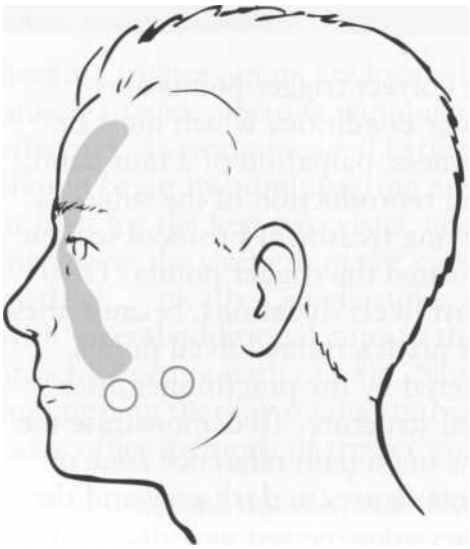

Fig.15.2 Cutaneous facial muscle trigger points, left zygomatic major muscle.

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Semispinalis Capitis (Fig.15.3)

Symptoms Semispinalis capitis TrPs refer pain to the back of the skull and reaching to the temple and forehead.[1]

Splenius Capitis and Splenius Cervicis Muscles (Fig.15.4)

Symptoms Splenius capitis TrPs refer pain to the vertex of the head. Splenius cervicis muscle (upper TrPs) refers pain to the occiput - 'ache inside the skull'. Splenius cervicis muscle (lower TrPs) refers pain down to the shoulder girdle and to the angle of the neck.[1]

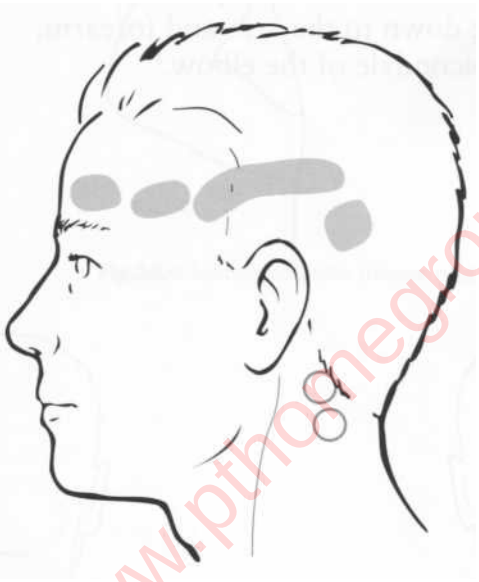

Fig.15.3 Semispinalis capitis trigger points.

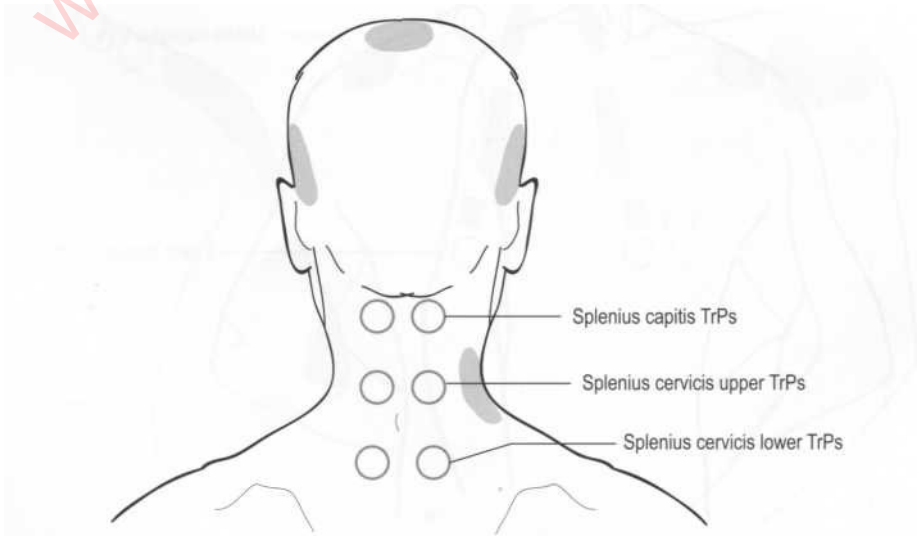

Fig.15.4 Splenius capitis trigger points, splenius cervicis upper trigger points and splenius cervicis lower trigger points.

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Trapezius Muscle (Fig.15.5)

Symptoms The trapezius muscle consists of three sections: the upper, the middle and the lower. The TrPs in the upper trapezius muscle refer pain toward the neck, behind the ear and to the temple. The TrPs in the middle trapezius muscle refer pain toward the vertebrae and to the interscapular region. The TrPs in the lower trapezius muscle refer pain in the upper part of the trapezius muscle, toward the posterior neck and the mastoid area.[1]

Levator Scapulae Muscle (Fig.15.6)

Symptoms Limited neck rotation and 'stiff neck' syndrome.[1]

Supraspinatus Muscle (Fig.15.7)

Symptoms Supraspinatus muscle TrPs refer deep pain in the shoulder region, often extending down to the arm and forearm, concentrating over the lateral epicondyle of the elbow.[1]

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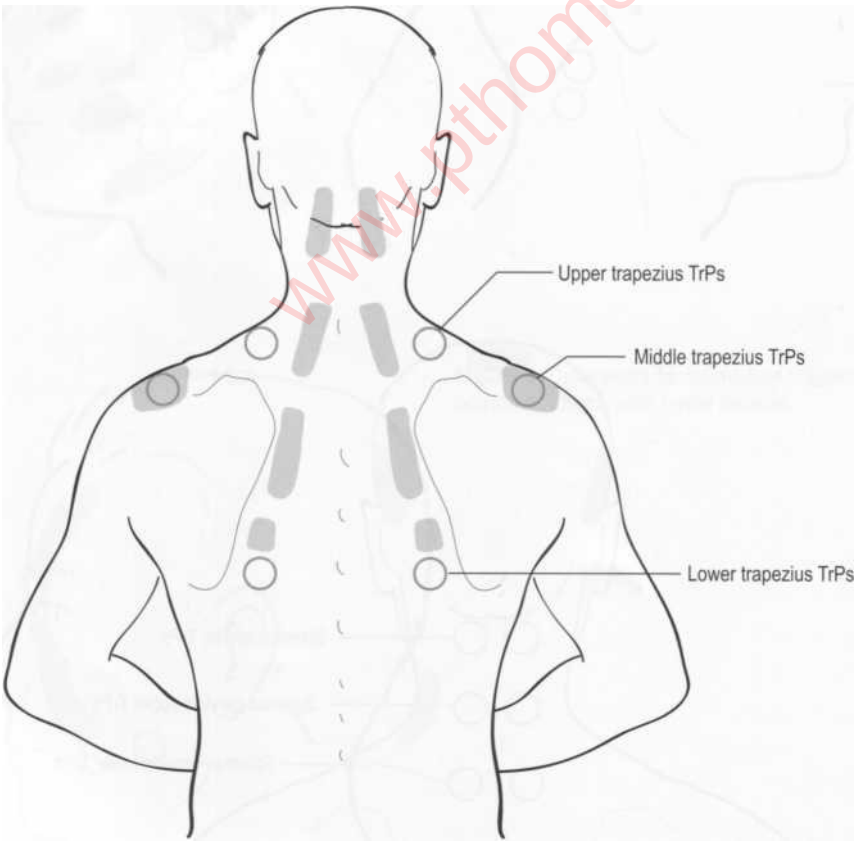

Fig.15.5 Trapezius muscle trigger points (upper trapezius muscle, middle trapezius muscle and lower trapezius muscle).

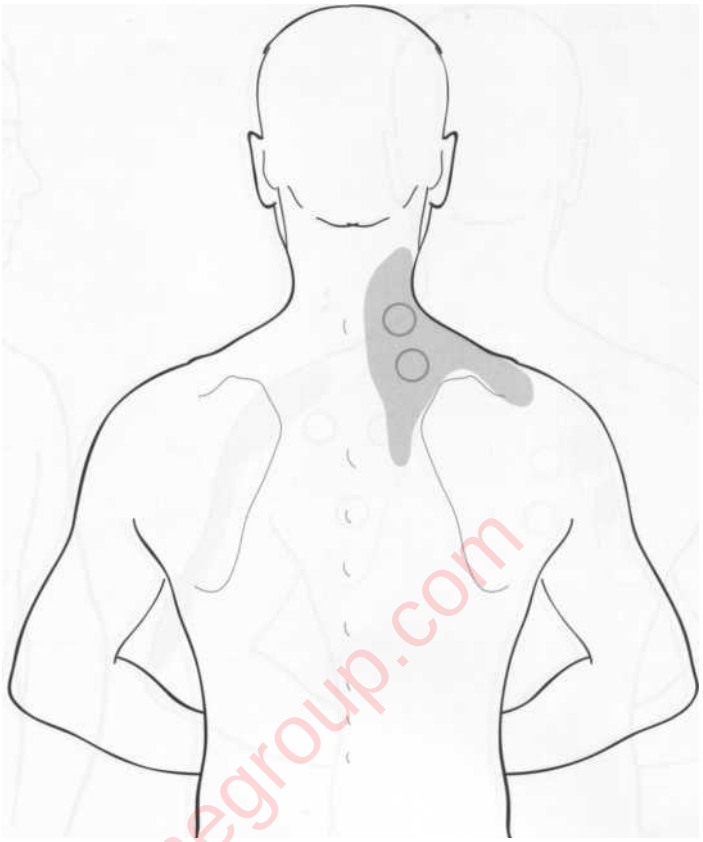

Fig.15.6 Levator scapulae muscle trigger points.

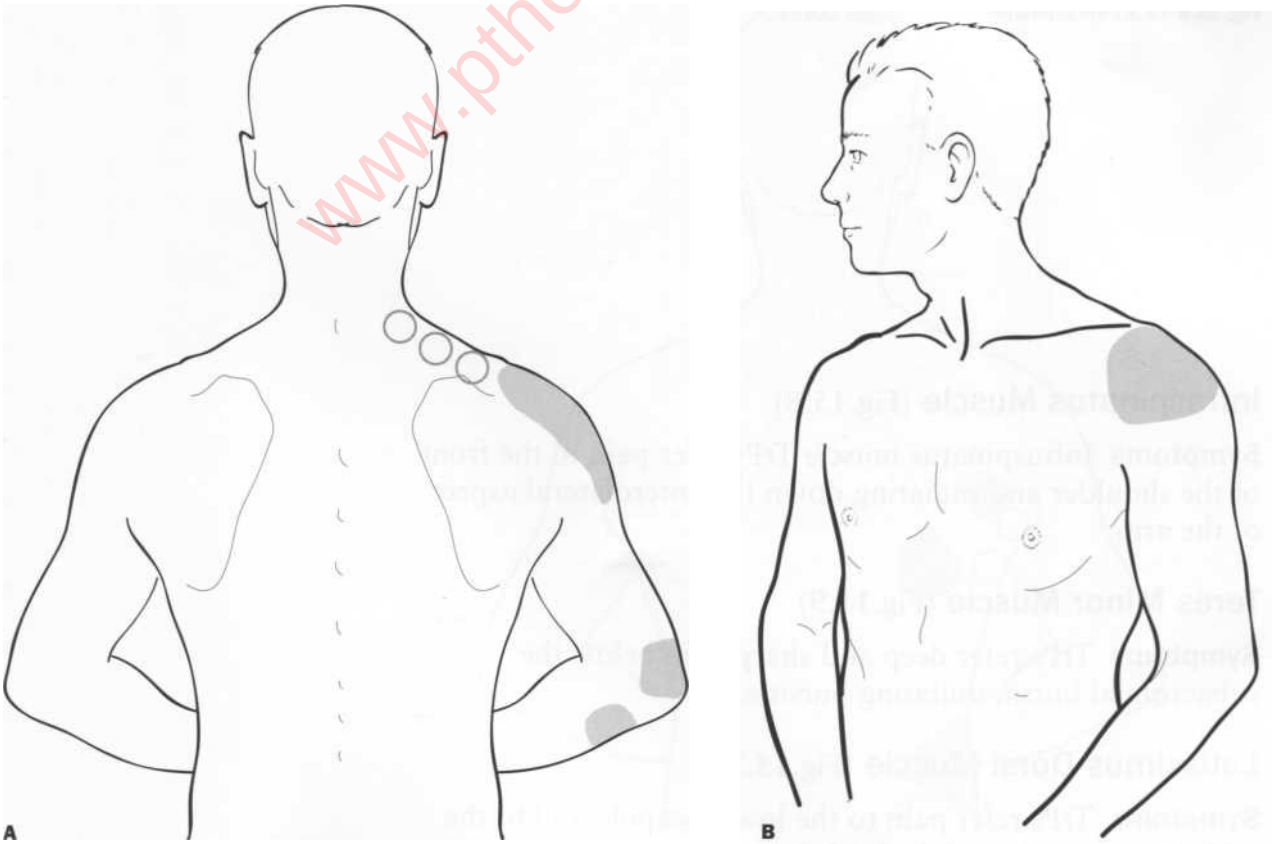

Fig.15.7 (A) Supraspinatus muscle trigger points **(B)** Supraspinatus muscle trigger points.

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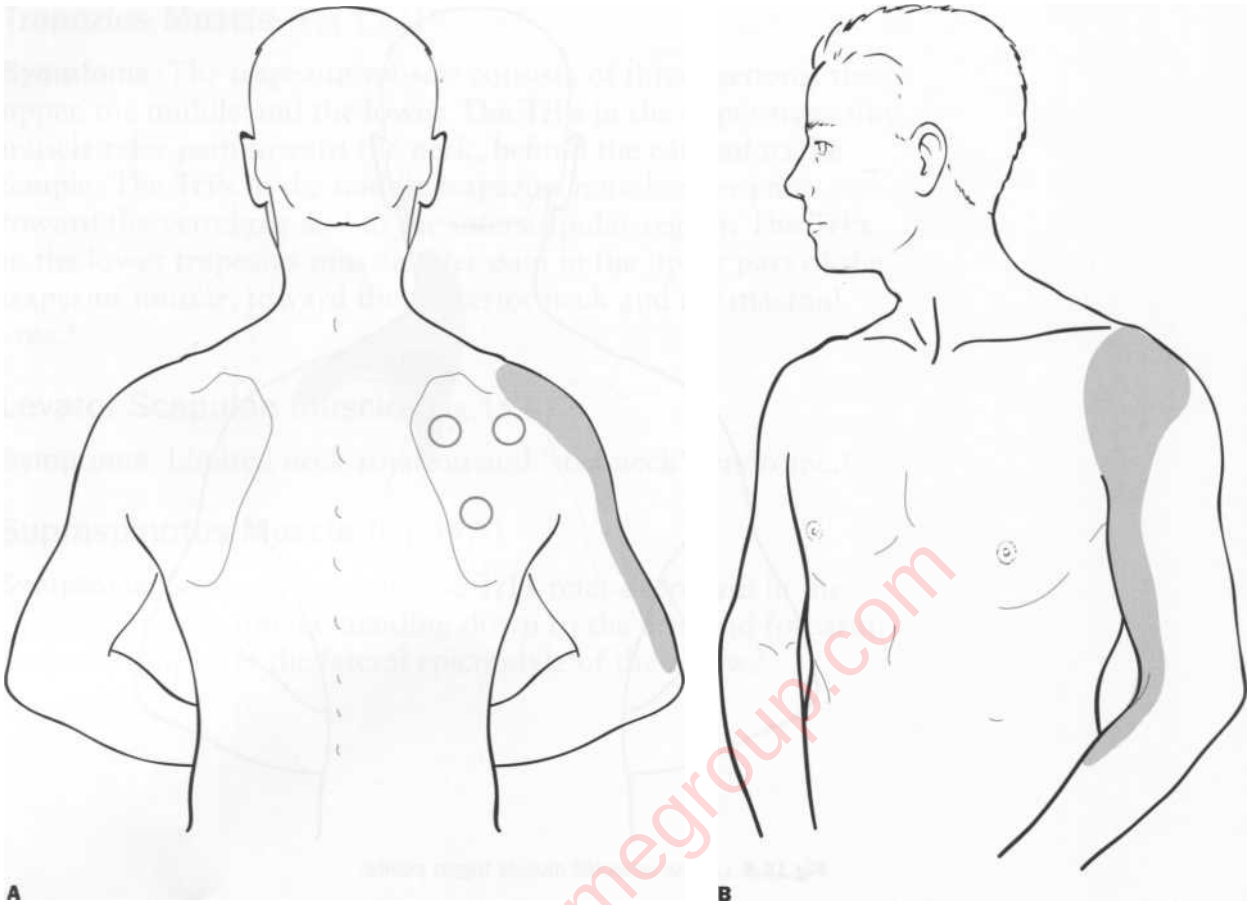

Fig.15.8 (A,B) Infraspinatus muscle trigger points.

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Infraspinatus Muscle (Fig.15.8)

Symptoms Infraspinatus muscle TrPs refer pain to the front of the shoulder and radiating down the anterolateral aspect of the arm.[1]

Teres Minor Muscle (Fig.15.9)

Symptoms TrPs refer deep and sharp pain below the subacromial bursa, imitating bursitis.[1]

Latissimus Dorsi Muscle (Fig.15.10)

Symptoms TrPs refer pain to the lower scapula and to the mid-thoracic region of the back.[1]

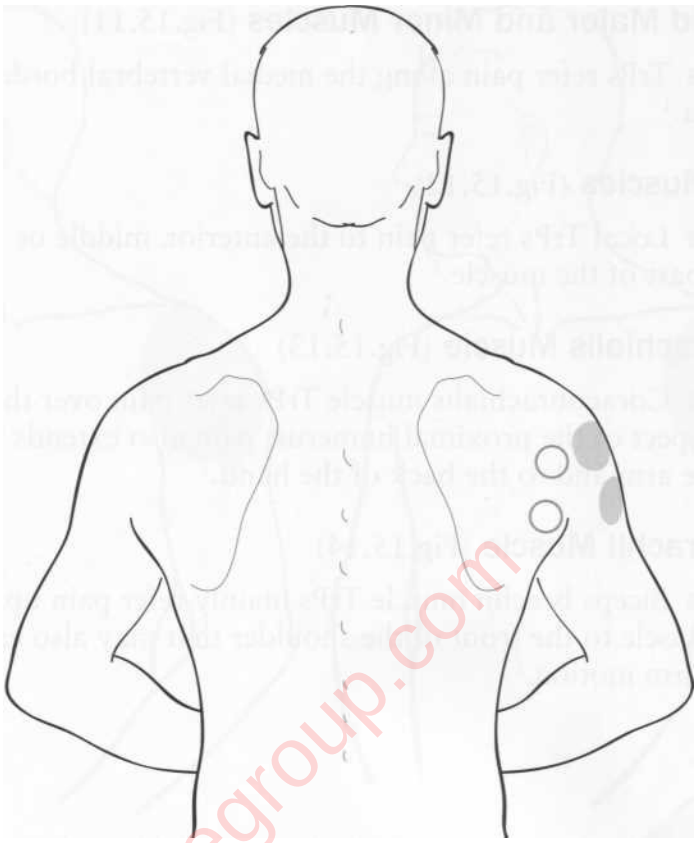

Fig. 15.9 Teres minor muscle trigger points.

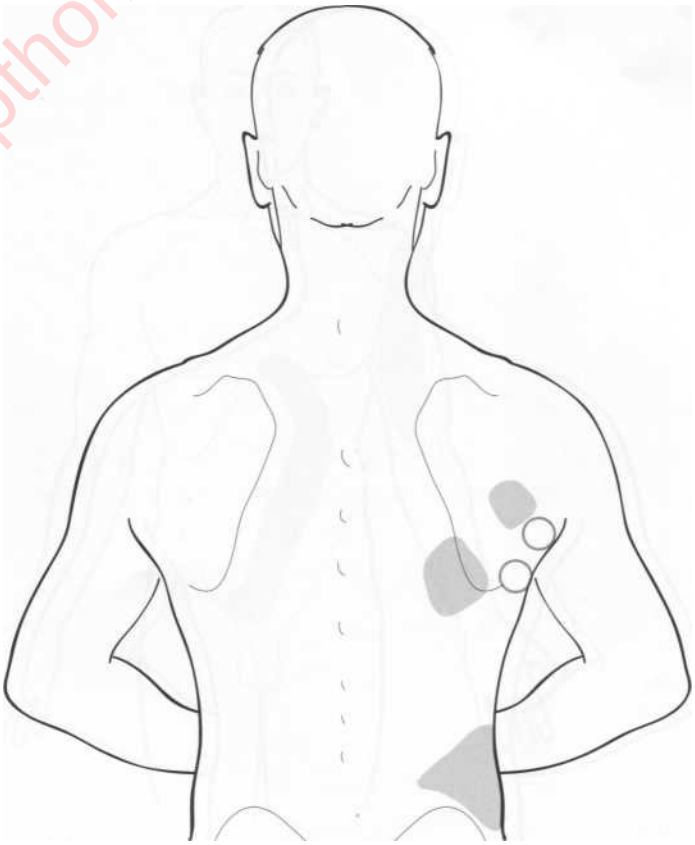

Fig. 15.10 Latissimus dorsi muscle trigger points.

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Rhomboid Major and Minor Muscles (Fig.15.11)

Symptoms TrPs refer pain along the medial vertebral border of the scapula.[1]

Deltoid Muscles (Fig.15.12)

Symptoms Local TrPs refer pain to the anterior, middle or posterior part of the muscle.[1]

Coracobrachialis Muscle (Fig.15.13)

Symptoms Coracobrachialis muscle TrPs refer pain over the anterior aspect of the proximal humerus; pain also extends to the back of the arm and to the back of the hand.'

Biceps Brachii Muscle (Fig.15.14)

Symptoms Biceps brachii muscle TrPs mainly refer pain upward over the muscle to the front of the shoulder that may also cause restricted arm motion.[1]

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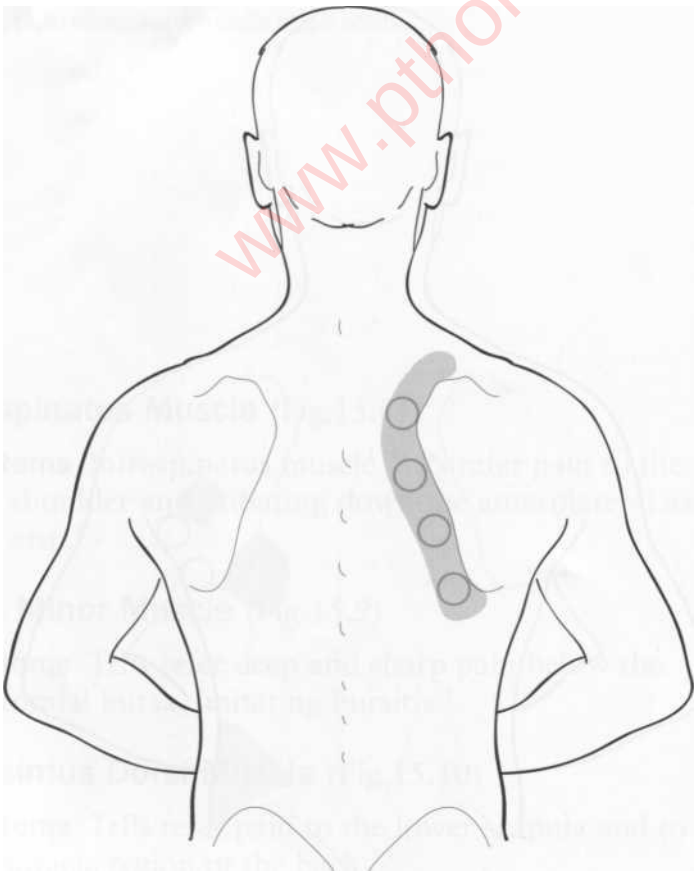

Fig.15.11 Rhomboid major and minor muscle trigger points.

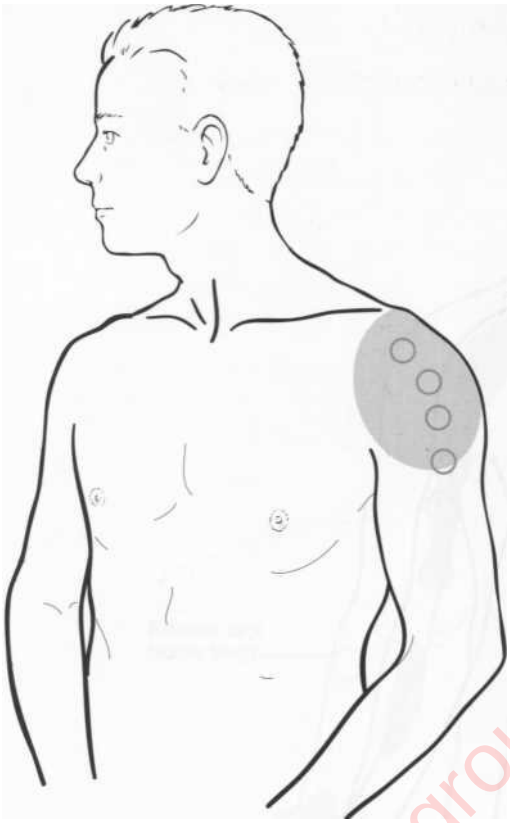

Fig.15.12 Deltoid muscle trigger points.

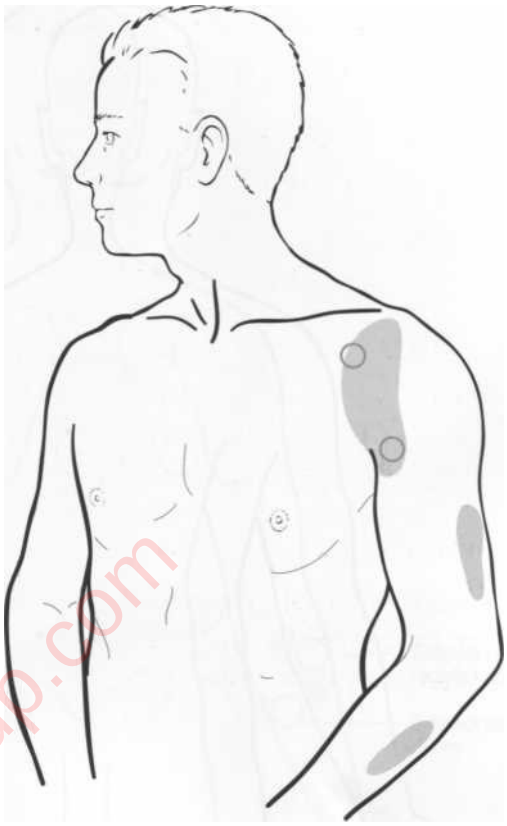

Fig.15.13 Coracobrachialis muscle trigger points.

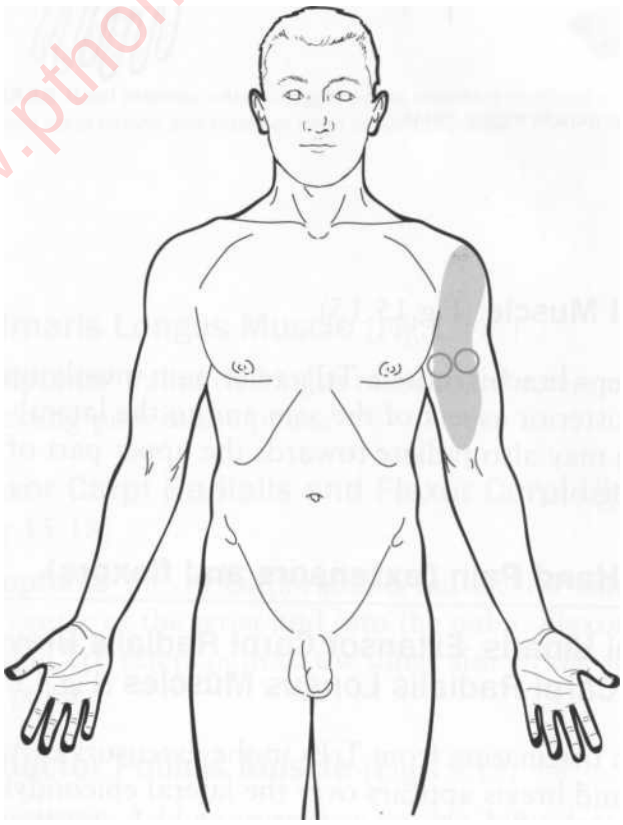

Fig.15.14 Biceps brachii muscle trigger points.

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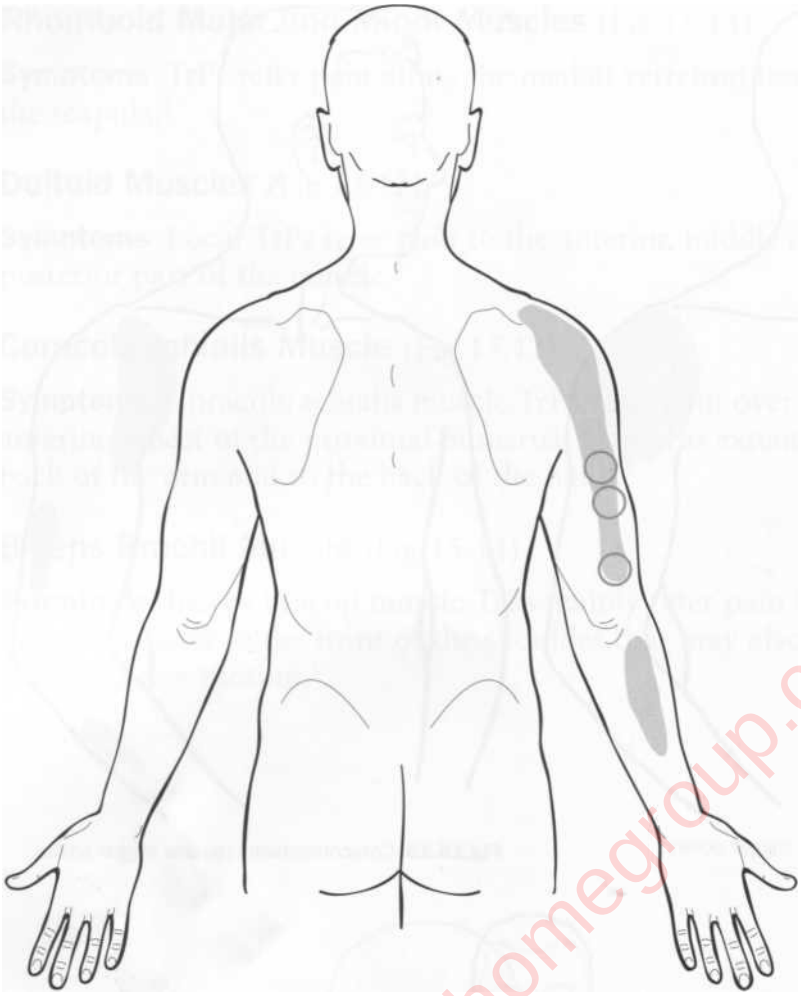

Fig.15.15 Triceps brachii muscle trigger points.

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Triceps Brachii Muscle (Fig.15.15)

Symptoms Triceps brachii muscle TrPs refer pain mostly up and down the posterior aspect of the arm and to the lateral epicondyle. Pain may also radiate towards the upper part of the suprascapular region.[1]

Forearm and Hand Pain (extensors and flexors)

Extensor Carpi Ulnaris, Extensor Carpi Radialis Brevis and Extensor Carpi Radialis Longus Muscles (Fig.15.16)

Symptoms Pain originating from TrPs in the extensors carpi radialis longus and brevis appears over the lateral epicondyle, over the back aspect of the forearm, and reaches the back of the hand. The extensor carpi ulnaris TrPs radiate pain to the back of the ulnar side of the wrist.[1]

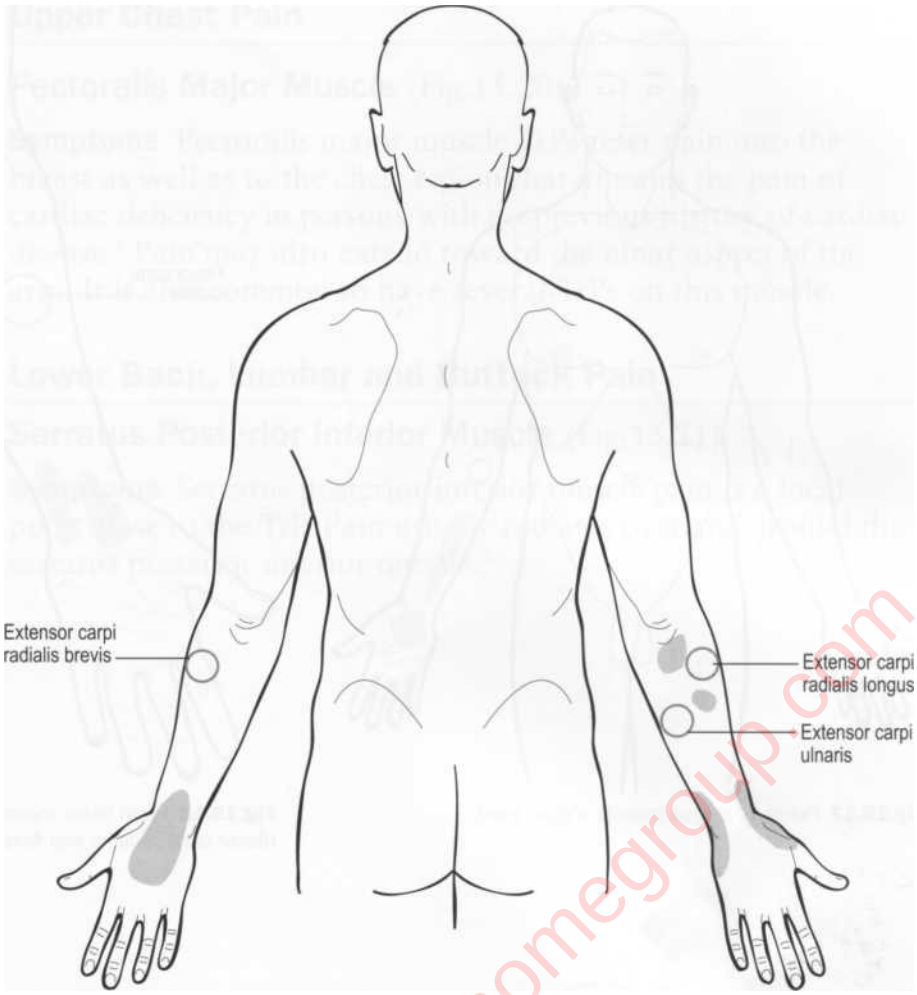

Fig.15.16 Hand extensor muscle trigger points (extensor carpi radialis longus, extensor carpi ulnaris and extensor carpi radialis brevis).

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Palmaris Longus Muscle (Fig.15.17)

Symptoms Palmaris longus muscle TrP refers needle-like, prickling pain in the palm.[1]

Flexor Carpi Radialis and Flexor Carpi Ulnaris Muscles (Fig.15.18)

Symptoms Flexor carpi radialis muscle TrP refers pain toward the centre of the wrist and into the palm. Flexor carpi ulnaris muscle TrP refers pain to the ulnar side of the wrist and into the palm.[1]

Adductor Pollicis Muscle (Fig.15.19)

Symptoms Adductor pollicis muscle TrP refers aching pain along the outside of the thumb and hand at the base of the thumb distal to the wrist crease.[1]

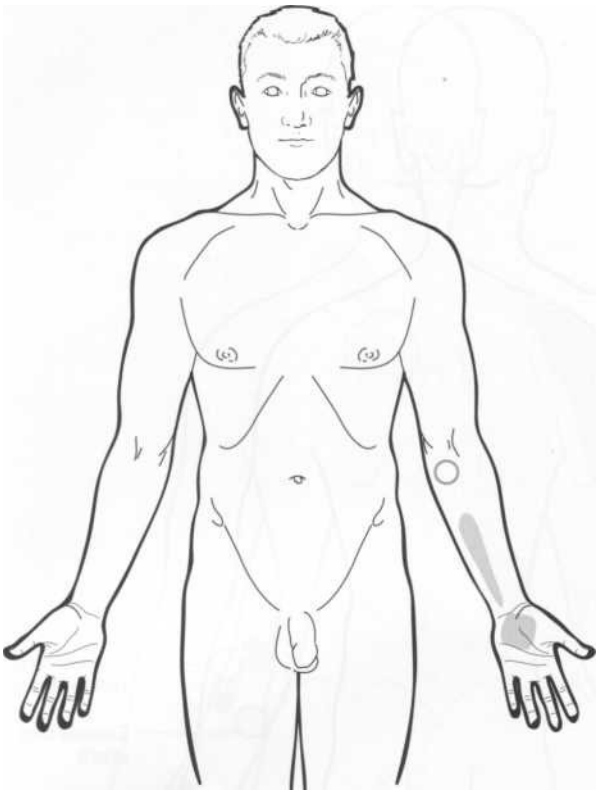

Fig.15.17 Palmaris longus muscle trigger point.

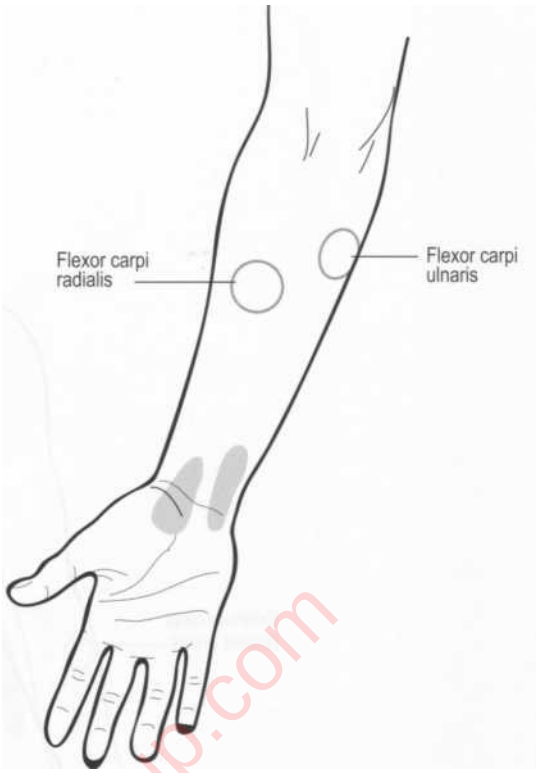

Fig.15.18 Hand flexor muscle trigger points (flexor carpi radialis and flexor carpi ulnaris).

Fig.15.19 Adductor pollicis muscle trigger point.

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Upper Chest Pain

Pectoralis Major Muscle (Fig.15.20)

Symptoms Pectoralis major muscle TrPs refer pain into the breast as well as to the chest region that imitates the pain of cardiac deficiency in persons with no previous history of cardiac disease.[1] Pain may also extend toward the ulnar aspect of the arm. It is also common to have several TrPs on this muscle.

Lower Back, Lumbar and Buttock Pain

Serratus Posterior Inferior Muscle (Fig.15.21)

Symptoms Serratus posterior inferior muscle pain is a local point close to the TrP. Pain usually radiates over and around the serratus posterior inferior muscle.[1]

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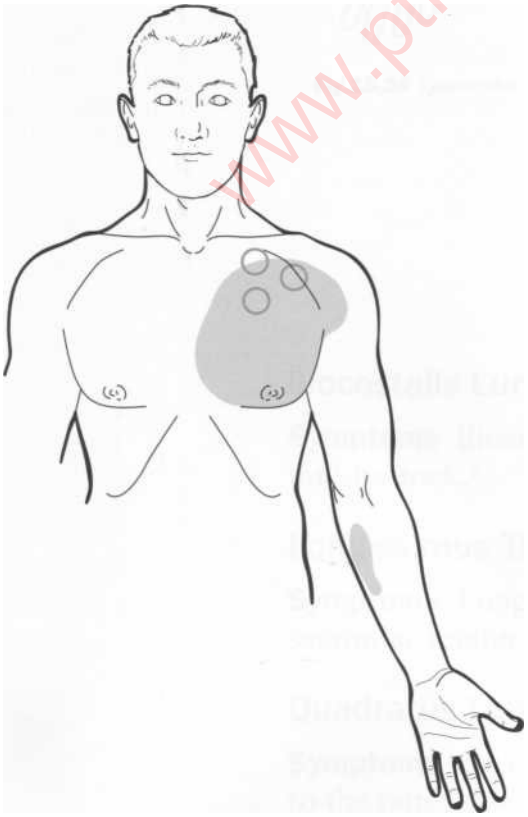

Fig.15.20 Pectoralis major muscle trigger points.

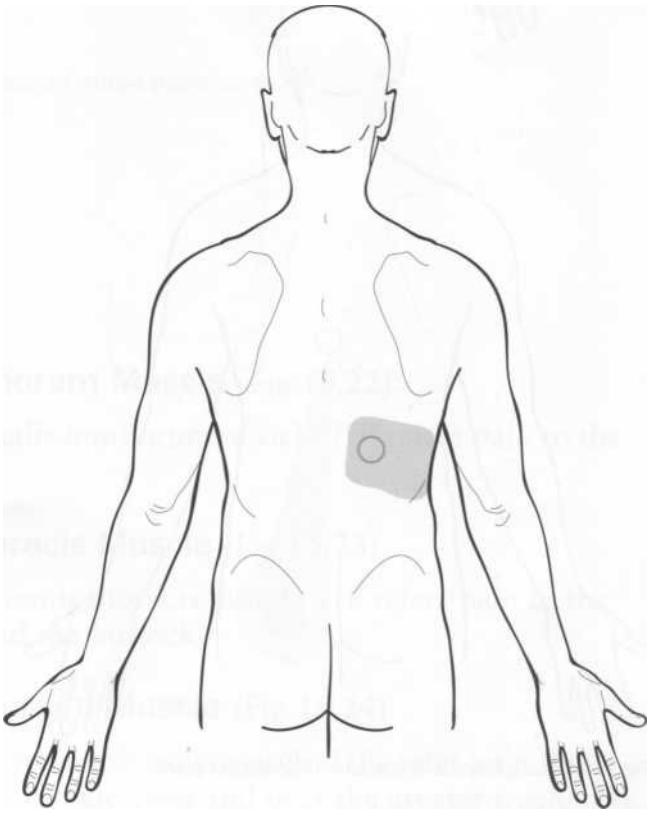

Fig.15.21 Serratus posterior inferior muscle trigger point.

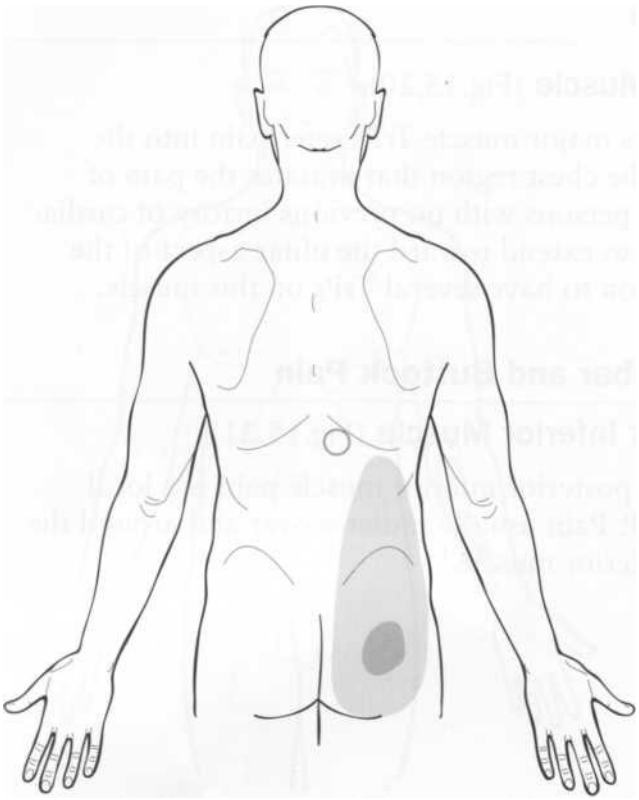

Fig.15.22 Iliocostalis lumborum muscle trigger point.

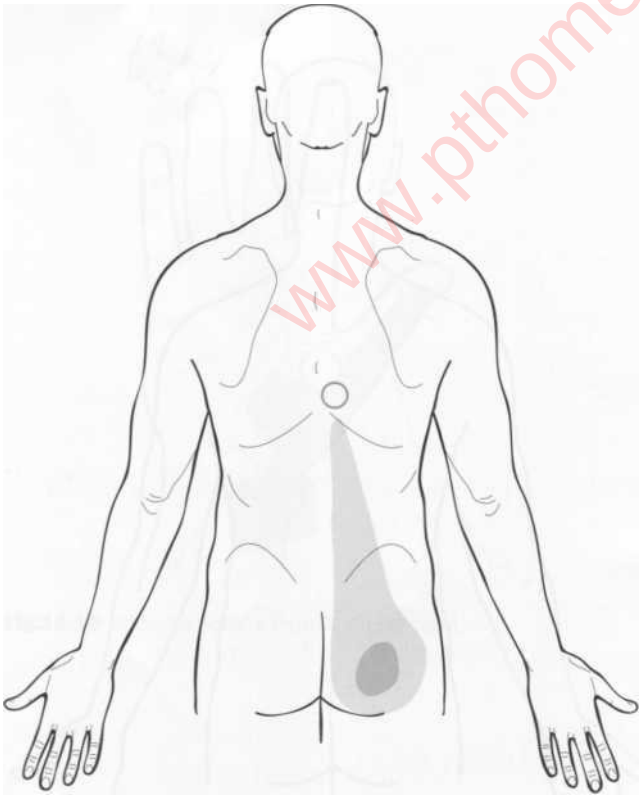

Fig.15.23 Longissimus thoracis muscle trigger point.

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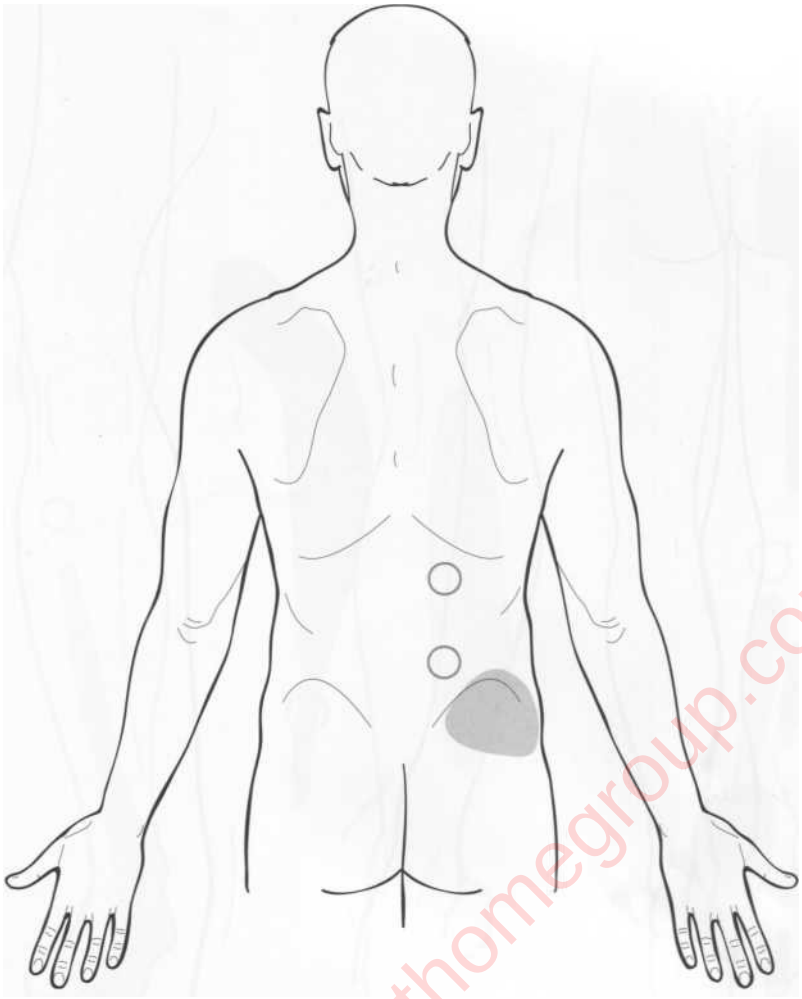

Fig.15.24 Quadratus lumborum muscle trigger points.

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Iliocostalis Lumborum Muscle (Fig.15.22)

Symptoms Iliocostalis lumborum muscle TrP refers pain to the mid-buttock.[1]

Longissimus Thoracis Muscle (Fig.15.23)

Symptoms Longissimus thoracis muscle TrP refers pain to the sacroiliac region and the buttock.[1]

Quadratus Lumborum Muscle (Fig.15.24)

Symptoms Quadratus lumborum muscle TrPs refer pain down to the outer side of the iliac crest and over the greater trochanter, and sometimes into the groin.[2]

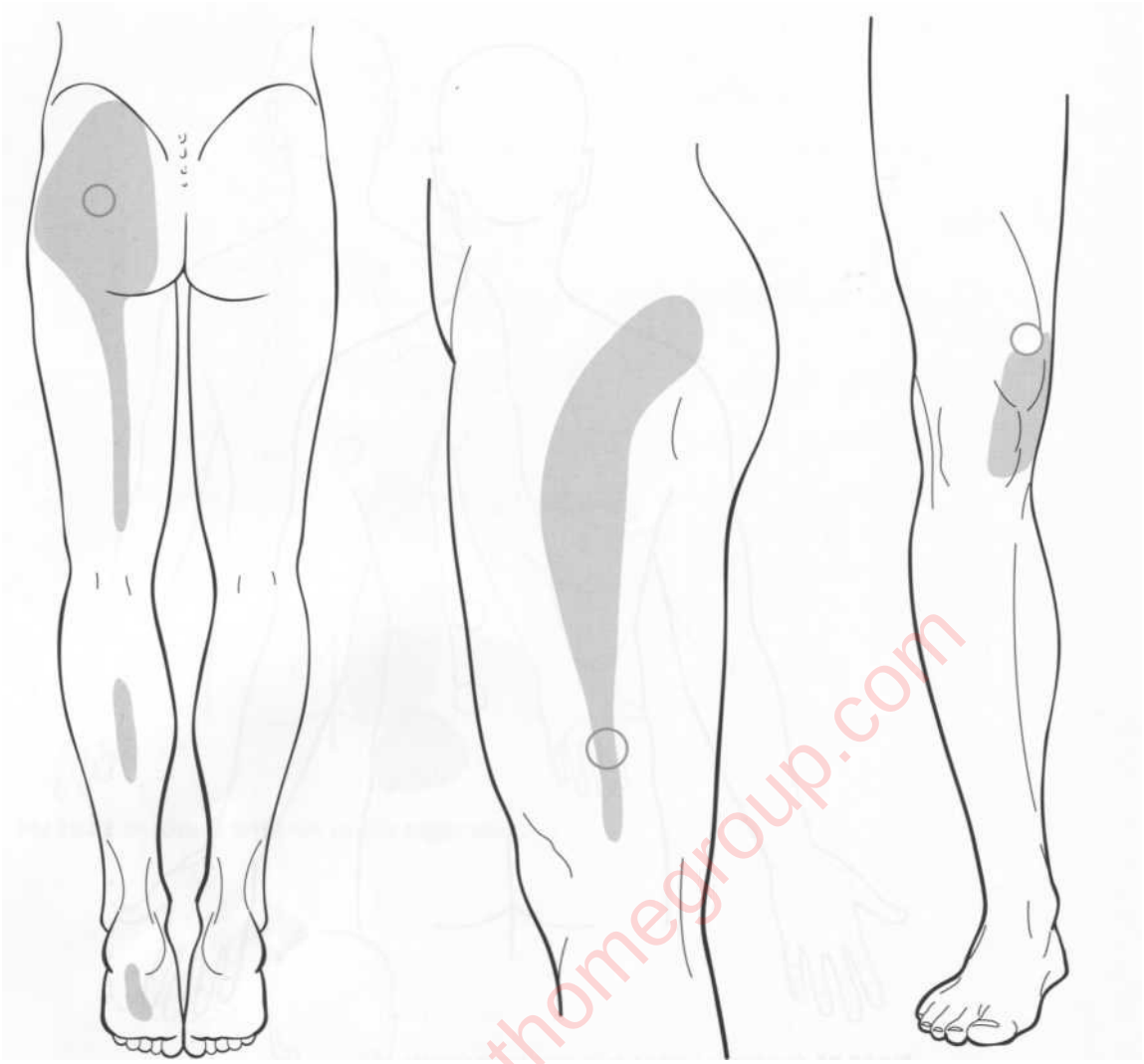

Fig.15.25 Piriformis muscle trigger point.

Fig.15.26 Vastus lateralis muscle trigger point.

Fig.15.27 Vastus medialis muscle trigger point.

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Lower Leg Pain

Piriformis Muscle (Fig.15.25)

Symptoms Piriformis muscle TrP refers pain in the buttock to the hip, extending down the back of the leg in parallel with the sciatic nerve.[2]

Vastus Lateralis Muscle (Fig.15.26)

Symptoms Vastus lateralis muscle TrP refers pain up the side of the thigh; pain may also extend into the greater trochanter.[2]

Vastus Medialis Muscle (Fig.15.27)

Symptoms Vastus medialis muscle TrP refers pain to the inner side of the knee.[2]

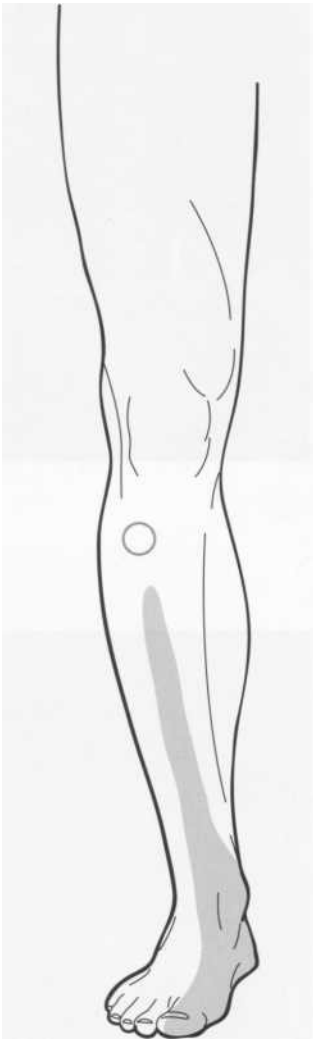

Fig.15.28 Tibialis anterior muscle trigger point.

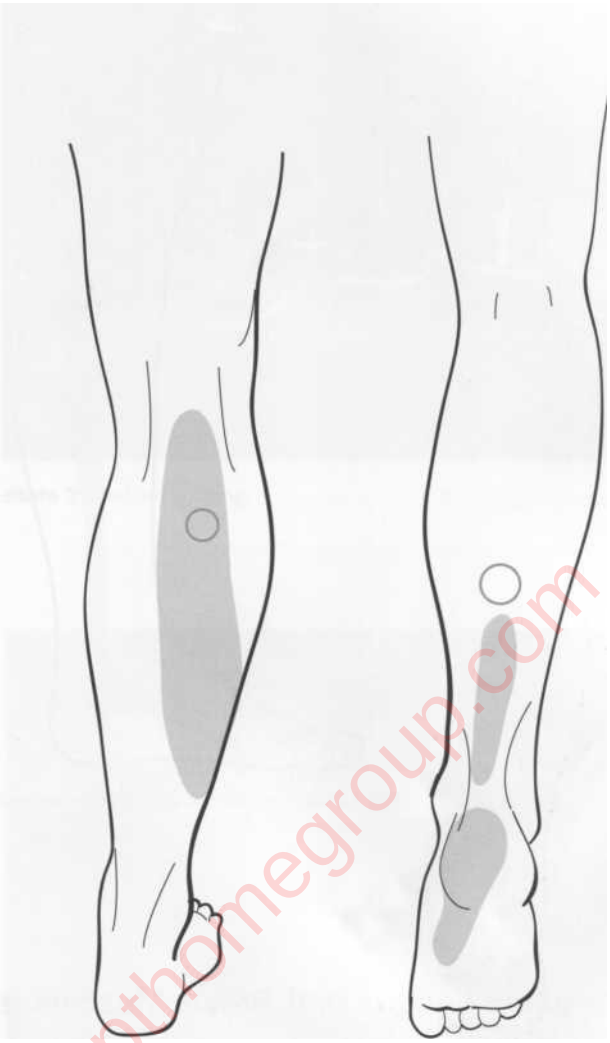

Fig.15.29 Gastrocnemius muscle trigger point.

Fig.15.30 Soleus muscle trigger point.

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Tibialis Anterior Muscle (Fig.15.28)

Symptoms Tibialis anterior muscle TrP refers pain down the front of the tibia, the inner side of the ankle and the foot.[2]

Gastrocnemius Muscle (Fig.15.29)

Symptoms Gastrocnemius muscle TrP refers pain in the calf; pain may sometimes extend to the sole of the foot.[2]

Soleus Muscle (Fig.15.30)

Symptoms Soleus muscle TrP refers pain along the Achilles tendon and may also extend to the heel.[2]

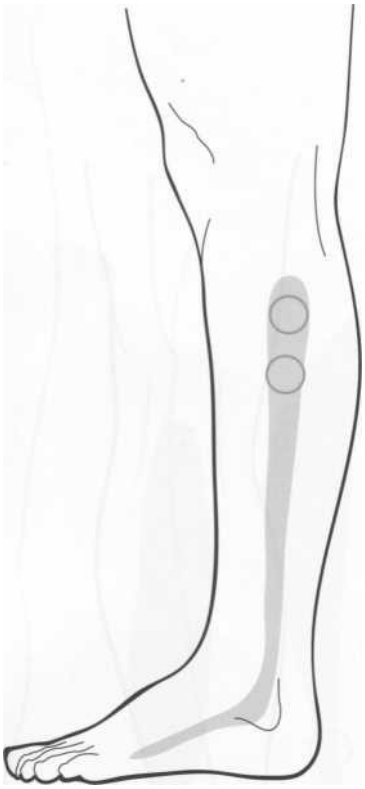

Fig.15.31 Peroneal longus and brevis muscle trigger points.

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Peroneal Longus and Brevis Muscles (Fig.15.31)

Symptoms TrPs on peroneal longus and brevis muscles refer pain to the outer side of the leg and foot, concentrating on the outer side of the ankle.[2]

Abdominal Muscles

I have deliberately omitted abdominal muscle trigger points cupping therapy, as it is difficult to differentiate pain associated with internal organs such as Heart, Liver, Kidney, digestive, urinary or gynaecological origin complaints. Furthermore, abdominal trigger points can cause both internal and external abdominal pain, and misdiagnosis is common.[3]

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2. Baldry P 2005 Acupuncture, trigger points and musculoskeletal pain, 3rd edn. Churchill Livingstone, Edinburgh, p 302-344

3. Davis C 2004 The trigger point therapy workbook. New Harbinger Publications, Oakland, Canada, p 146-148

Plate 1 Weak cupping.

Plate 2 Medium cupping.

Plate 3 Strong cupping.

Plate 4A Bleeding cupping.

Plate 4B Bleeding cupping.

Plate 4C Bleeding cupping.

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Plate 5A Cupping therapy in children.

Plate 5B Cupping therapy in children.

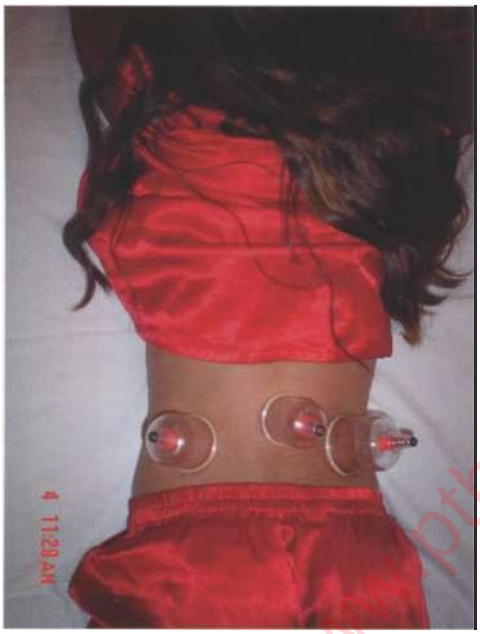

Plate 5C Cupping therapy in children.

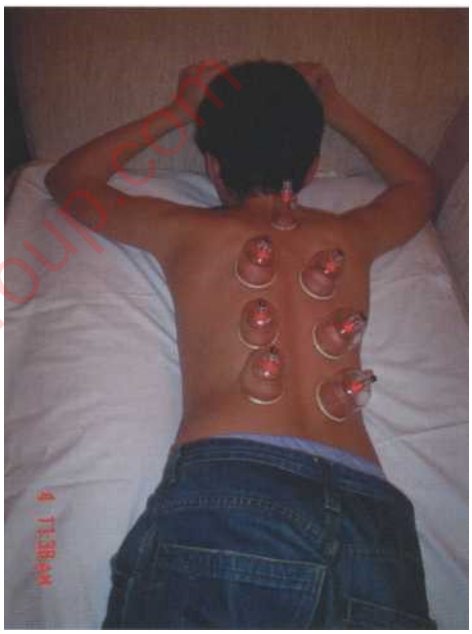

Plate 5D Cupping therapy in children.

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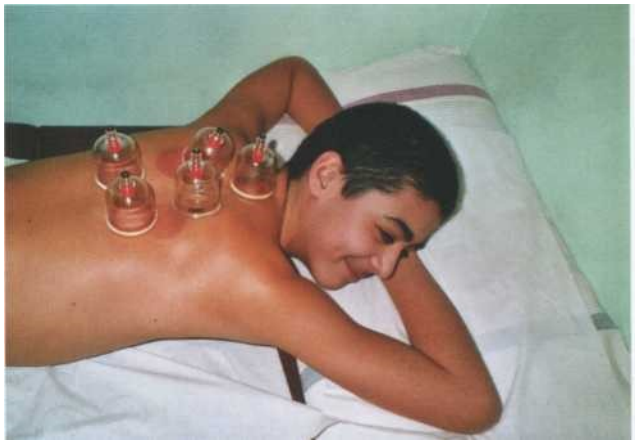

Plate 5E Cupping therapy in children.

Plate 5F Cupping therapy in children.

Plate 5G Cupping therapy in children.

Plate 5H Cupping therapy in children.

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Plate 6 Anaemia.

Plate 7A Atrophy syndrome.

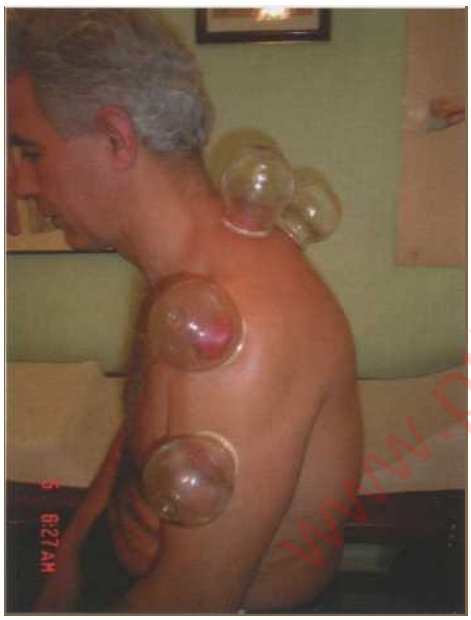

Plate 7B Atrophy syndrome.

Plate 7C Atrophy syndrome.

Plate 7D Atrophy syndrome.

Plate 8 Back pain and sexual complaints.

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Plate 9A Bed wetting.

Plate 9B Bed wetting.

Plate 10A Cupping over a boil.

Plate 10B Cupping over a boil.

Plate IOC Cupping over a boil.

Plate 11 Chest pain.

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Plate 12A Constipation.

Plate 12B Constipation.

Plate 13 Dysmenorrhoea.

Plate 14A Fevers.

Plate 14B Fevers.

Plate 14C Fevers.

www.ptromegroup.com

Plate 15A Hypertension.

Plate 1SB Hypertension.

Plate 16 Musculoskeletal pain, upper body.

Plate 17 Musculoskeletal pain, lower back.

Plate 18 Musculoskeletal pain, lower limbs.

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Plate 19A Skin complaints.

Plate 19B Skin complaints.

Plate 20A Facial paralysis due to trauma.

Plate 20B Facial paralysis due to trauma.

www.bthomegroup.com

Plate 21A Wind stroke.

Plate 21A Wind stroke.

Plate 22 Tiredness.

Plate 23A Depression.

Plate 23B Depression.

Plate 24 Hangover.

Plate 25 Hiccups.

Plate 26 Insomnia.

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Plate 27 Lacrimation.

Plate 28 Bladder prolapse.

Plate 29 Prolapse of the uterus.

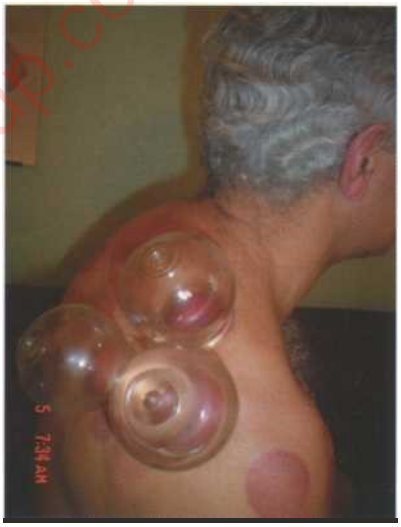

Plate 30A Spondylosis.

Plate 30B Spondylosis.

Plate 30C Spondylosis.

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Plate 31 Toothache.

Plate 32 Torticollis.

Plate 33 Cupping therapy during pregnancy.

Plate 34 Cupping therapy during pregnancy.

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Plate 35 Cupping therapy during pregnancy.

Plate 36 Buttock pain.

Plate 37 Moving cupping on the gluteus muscle.

Plate 38 Vertical moving cupping to the lower back.

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